



MEMORIAL MERITS

Sanctuary, not sales floor.

FREE PRINTABLE WORKBOOK FROM MEMORIAL MERITS

Grief Workbook and Worksheets

Grief Support, Memorial Choices and Headstones

Worksheets for the weeks and months after a loss: a weekly check-in, the signs it is time to get help, the kinds of grief support, memorial and keepsake choices, what to do with ashes, and how to order a headstone.

By Gabriel Killian, Founder of Memorial Merits

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Each worksheet stands on its own

Start with the page you need today. The list of pages is on page 2.

How to Use This Workbook

Use one worksheet at a time, at your own pace. Some people fill in a page the same week. Others come back to it months later. Both are normal.

Page	What it covers
3	Weekly grief check-in worksheet
4	When to get help for grief
5	Types of grief support
6	Memories worksheet
7	Memorial and keepsake choices
8	What to do with ashes
9	How to order a headstone
10	After losing a pet
11	Hard dates planner
12	Services for families, with QR codes
14	Free Memorial Merits tools and pages

Sharing this workbook

Anyone may print, copy, share or republish this workbook for free, including on a business website or as a free download. Keep every link and QR code unchanged. The details are in the box on the last page.

If you are thinking about suicide or harming yourself

Call or text 988 to reach the 988 Suicide and Crisis Lifeline, any time, day or night.

Weekly Grief Check-In Worksheet

Fill in one row at the end of each week. Over time the rows show you how you are doing, and they give a doctor or therapist a clear picture if you decide to talk with one.

Week of	Sleep (good, fair, poor)	Eating (good, fair, poor)	Hardest moment	One thing that helped

When to Get Help for Grief

Grief that stays intense and gets in the way of daily life can be a condition called prolonged grief disorder. For adults, it is considered when the loss was at least a year ago (6 months for children and teens). An estimated 4 to 15 percent of bereaved adults have these lasting symptoms. Source: American Psychiatric Association, [psychiatry.org](https://www.psychiatry.org).

Check each one you have felt nearly every day for the last month

Felt it	Sign	Notes
☐	Feeling as though part of yourself is gone	
☐	A strong sense of disbelief about the death	
☐	Avoiding reminders that the person has passed away	
☐	Intense emotional pain, such as anger, bitterness or sorrow	
☐	Trouble getting back to friends, work or activities	
☐	Feeling numb	
☐	Feeling that life is meaningless without the person	
☐	Intense loneliness	

If you checked three or more, show this page to a doctor or a licensed therapist. Grief support options are on page 5.

Help right now

If you are thinking about suicide or harming yourself, call or text 988 to reach the 988 Suicide and Crisis Lifeline, any time.

Types of Grief Support

Type	What it is	How to start
Therapy covered by insurance	Sessions with a licensed therapist, billed to your health insurance.	Rula matches you with a therapist who takes your insurance (page 12).
Online therapy	Sessions by video, phone or message, often within days.	Talkspace, Online-Therapy.com and Calmerry (page 12).
Grief support by text	Short messages of support and practical help, sent to your phone.	HelpTexts (page 12).
Grief support groups	Meetings with other people who are grieving, in person or online.	Ask the hospice that cared for the person, a local hospital or a place of worship.
Faith community	Support from a pastor, priest, rabbi, imam or other leader.	Call the place of worship and ask for a visit.

Questions to Ask a Grief Therapist

Done	Question	Answer
☐	Do you have training or experience with grief?	
☐	Do you take my insurance? If not, what does a session cost?	
☐	How soon can I have a first appointment?	
☐	Do you offer video sessions?	

Grief support compared: [grief counseling and therapy](#). All grief services: [grief support services](#).

Memories Worksheet

Write down what you want to keep. Short answers are fine.

A day with them I want to remember

Something they always said

What they taught me

Something I want to tell them

A tradition I want to keep going

Memorial and Keepsake Choices

There is no deadline for choosing a memorial. Use this table to compare the main choices.

Choice	What it is	Time to make	Page
Cremation jewelry	A pendant, ring or bracelet that holds a small amount of ashes.	4 to 6 weeks for made-to-order pieces	12
Memorial diamond	A lab-grown diamond made from carbon in the ashes.	10 to 12 months	12
Solidified remains	Ashes turned into a set of smooth, solid stones.	10 to 12 weeks	13
Glass art	A glass piece made with a small amount of ashes.	The ash kit ships within 7 business days	12
Memorial tattoo	Tattoo ink mixed with a small amount of ashes, applied by your artist.	Varies by order	13
QR code medallion	A small plaque on a headstone or urn that opens an online memorial page.	Varies by order	13
Headstone or marker	A stone or bronze marker at the burial site.	Weeks to months	9
Online memorial page	A free web page with photos and stories that family can add to.	Same day	-

Things to decide first

Done	Step	Notes
☐	Will the ashes be kept, divided among family, buried or scattered? (page 8)	
☐	Who in the family wants a keepsake?	
☐	What is the budget?	

All memorial choices compared: [memorial and remembrance products](#).

What to Do With Ashes

You do not need to decide right away. Ashes can be kept safely in their container for as long as you need.

Choice	What to know
Keep them in an urn at home	No permit is needed.
Divide them among family	Use small keepsake urns or cremation jewelry for each person.
Bury them in a cemetery	Ask the cemetery about urn plots and whether an urn vault is required.
Place them in a columbarium niche	A wall of small compartments at a cemetery or place of worship.
Scatter them on land	Get the owner's permission on private land. Check the rules before scattering on public land.
Scatter them at sea	Federal rules require scattering at least 3 nautical miles from land and telling the EPA within 30 days. Flowers must break down in water.
Turn them into a keepsake	Stones, a diamond, glass art or tattoo ink (page 7).

Sea burial rules: U.S. Environmental Protection Agency, [epa.gov/ocean-dumping/burial-sea](https://www.epa.gov/ocean-dumping/burial-sea).

Our family's decision

What we decided

Date and place

Who will keep a portion

Notes

How to Order a Headstone

- 1 Call the cemetery and ask for its rules: flat or upright, size, material, and who may install it.
- 2 Choose a flat marker or an upright headstone.
- 3 Choose the material: granite or bronze.
- 4 Write the inscription (below).
- 5 Get a price from at least two sellers. Ask if the price includes the foundation and installation.
- 6 Send the cemetery's approval form with your order if the cemetery requires one.
- 7 Confirm the delivery and installation date.

Veterans: eligible veterans can get a government headstone or marker at no cost. Request it with VA Form 40-1330. Source: [va.gov](https://www.va.gov).

Inscription worksheet

Full name as it should appear

Dates

A short line or verse

Symbol or emblem

Headstone care

Clean a headstone with water and a soft brush. Household cleaners and pressure washers can damage the stone. Step by step: [how to clean a headstone](#). Prices for each type: [headstone cost](#).

After Losing a Pet

Done	Step	Notes
☐	If your pet passed away at home, call your veterinarian. They can arrange cremation or explain your choices.	
☐	Choose private cremation (ashes returned to you) or communal cremation (ashes not returned).	
☐	For home burial, check your city and county rules first.	
☐	Choose an urn or keepsake (page 13).	
☐	Tell children in simple, honest words.	
☐	Give yourself time. Grief for a pet is real grief.	

Step by step: [what to do when your pet dies](#). Memorial ideas: [pet loss and memorial guide](#).

About my pet

Name

Years together

Favorite place

What I want to remember

Hard Dates Planner

Birthdays, anniversaries and holidays can be hard. Write each date and a plan for the day, such as who you will be with or a small thing you will do.

Date	What the day is	My plan for the day

Services for Families

Memorial Merits has reviewed each service below. Scan a QR code with your phone camera, or type the web address under it.

Rula  Therapy covered by insurance, with licensed therapists. https://memorialmerits.com/go/rula-review	Talkspace  Online therapy by message and video. https://memorialmerits.com/go/talkspace-review	Online-Therapy.com  Online counseling with sessions and worksheets. https://memorialmerits.com/online-therapy
Calmerriy  Online therapy by text and video. https://memorialmerits.com/go/calmerriy-review	HelpTexts  Grief support sent by text message. 10 percent off monthly or \$10 off yearly through this link. https://memorialmerits.com/helptexts	Lee Alexander & Co.  Precious-metal cremation jewelry made to order. Code Memorial100 takes \$100 off. https://memorialmerits.com/leealexander100
Lonité  Memorial diamonds made from ashes. Takes 10 to 12 months. Use code MEMORIALMERITS when you order. https://memorialmerits.com/lonite	Miracle Memorial  Cremation jewelry for people and pets. https://memorialmerits.com/miraclememorial	Spirit Pieces  Glass art made with a small amount of ashes. https://memorialmerits.com/spiritpieces

Services for Families, continued

Engrave Ink



Tattoo ink made with ashes, for your own tattoo artist to use.

Code **memorialmerits10** takes \$10 off and applies through this link.

<https://memorialmerits.com/inkdiscount>

Parting Stone



Turns ashes into smooth, solid stones. Takes 10 to 12 weeks.

<https://memorialmerits.com/partingstone>

Turning Hearts



QR code medallion that links a headstone or urn to an online memorial page.

15 percent off applies automatically through this link. No code needed.

<https://memorialmerits.com/turninghearts15off>

Headstone Helper



Headstones and grave markers ordered online.

<https://memorialmerits.com/headstonehelper>

Tending



Headstone cleaning and ongoing grave care in all 50 states.

Code **MEMORIALMERITS** takes 5 percent off.

<https://memorialmerits.com/tendingcare>

Pulvis Pet Urns



Handmade urns for dogs, cats and other pets.

Use code **MemorialMerits** at checkout.

<https://memorialmerits.com/peturns>

Tender Rest



Pet urns you can customize with a name and photo.

<https://memorialmerits.com/tenderresturns>

Disclosure

Memorial Merits may earn a commission when you use the links and QR codes in this section, at no extra cost to you. Codes and offers were checked in October 2026 and can change.

Free Memorial Merits Tools and Pages

Each page below is free to use. Scan a code, or type the web address.

Grieving Resources



Every grief and memorial guide on Memorial Merits.
<https://memorialmerits.com/grieving-resources/>

Grief Support Services



Therapy, support groups and text support compared.
<https://memorialmerits.com/grief-support-services/>

Headstone Cost Guide



Prices for markers, headstones and installation.
<https://memorialmerits.com/headstone-cost-grave-marker-prices/>

Memorial Merits Start Page



Choose your situation and find the right page.
<https://memorialmerits.com/start/>

More free printable downloads

Grief trackers, journal prompts, a grief symptom tracker, pet loss guides and more:

<https://memorialmerits.com/free-grief-support-downloads-guides-trackers-resources/>. Main site:

<https://memorialmerits.com/>.

About Memorial Merits

Memorial Merits is a free planning platform for families before, during and after a death. It was founded by Gabriel Killian. Prices, codes and benefit amounts in this workbook were checked in October 2026; confirm them with each provider before you pay.

Republish This Workbook

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To add your business name or logo, or to add your own links, send a request at <https://memorialmerits.com/partner/>.