

# SCRAMBLED or SUNNY-SIDE UP?



DOWNLOADABLE COMPANION GUIDE

## Between the Dash

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## JOURNAL

For Life, Love, and Healing

# Introduction

The joy is in life's journey, even if it doesn't always feel that way. We all face difficult challenges in life that can alter us significantly. I know this because I've walked through it, stumbled over it, and, on many days, was consumed by it. When my JR passed away, I lost more than my soulmate; I lost the person who had been my anchor, my mirror, and my fiercest believer. Hopefully, you haven't lost anyone, but maybe you have lost parts of yourself—the identities you once held close to but can no longer find. It can arise from changes like a career ending, a move to a new city, or life transitions that challenge our sense of stability. Grief also shows up when friendships fade, love unravels, dreams dissolve, or life shifts in ways we never imagined.

When a loss occurs, it can leave us standing amidst the fragments, unsure of how to move forward, and uncertain if we even can.

But here's what I've realized: Grief and loss, as painful and unrelenting as they are, carry a quiet invitation. They invite us to confront what we're losing or have lost, to reflect on its meaning, and to consider how it shapes our future. They invite us to dig deeper, to uncover the parts of ourselves we may have forgotten, and to discover new ways of showing up in the world. That discovery isn't easy—far from it. It's messy, confusing, and often overwhelming. But it's also powerful. Because within this storm lies the opportunity to create something meaningful out of the loss, whether reconnecting with someone you've drifted away from, rediscovering your passions, or redefining who you are.

Even if significant loss or grief has not been part of your journey, this journal will help you recognize the magnitude of love and belief that exists all around you, and to let that be a defining and empowering aspect of your self-perception moving forward. This journal isn't about forgetting or moving on swiftly from life's hardships. It's not about rushing to find a silver lining or pretending everything is okay. Life doesn't work that way and neither does healing. This journal is here to meet you where you are—whether you're mourning a relationship, a dream, a version of yourself, or something else entirely. Instead, this journal is about giving yourself space to feel, reflect, and grow. It's about carving out a place to lay your emotions bare without judgment or expectation. It's about honoring what was, even as you imagine what could be.

Through my own journey, I've learned some hard truths. I've learned that time doesn't heal all wounds; it changes how we carry them. I've learned that the dash between the dates of our lives—the time we spend genuinely living—is where our most significant potential lies. If we are able to recognize and acknowledge the belief our loved ones have in us, we are able to live that dash full of the confidence and joy we deserve.

And I've learned that even in the face of profound loss, there is still a way forward. Not a return to what was but a step toward what can be. Whether you're grieving a loved one, a friendship, a job, a missed opportunity, or even parts of yourself, there is hope to be found in the process of rebuilding. Making a conscious effort to remember and hold close the ways you were positively impacted by the person or experience you have lost can be a catalyst for inspiration and growth to carry with you for the rest of your life.

In this journal, you'll find prompts inspired by my experiences, lessons, and the moments of clarity from walking this path. These are not instructions or solutions; they are invitations. Invitations to sit with your feelings, to explore their depths, and to discover the light that still exists within you. Grief isn't limited to one experience and neither is this journal. It is for anyone navigating the complexity of loss in all its forms. Because no matter how dark it feels now, you have the strength to rise, rebuild, and reconnect—with others, yourself, and life.

I want you to know that you're not alone in this. Every page of this journal is a reminder that loss is a shared human experience, and while your journey is uniquely yours, you are walking a path many others have walked before. Use these pages as a mirror for your thoughts, a canvas for your emotions, or simply a quiet companion on the days when the weight feels too heavy to bear. There is no right or wrong way to grieve, just as there is no right or wrong way to heal.

Writing has been a lifeline for me—both a way to process my emotions and to honor, not only the life I shared with JR, but also the parts of myself I rediscovered along the way. Whatever form your grief takes, I hope this journal will be a lifeline for you. In putting pen to paper, you'll find moments of clarity, sparks of hope, and the strength to continue living your dash with purpose and love.

Remember: Your story isn't over. There is still so much life to live, love to give, and light to uncover. Let this journal be a space where you begin to find those things again and feel the love for yourself that others feel for you. One word, one page, one moment at a time.

With love and understanding,

A handwritten signature in black ink, reading "Jordan Langford". The signature is written in a cursive, flowing style with a large, prominent loop at the beginning of the first name.

# Chapter 1

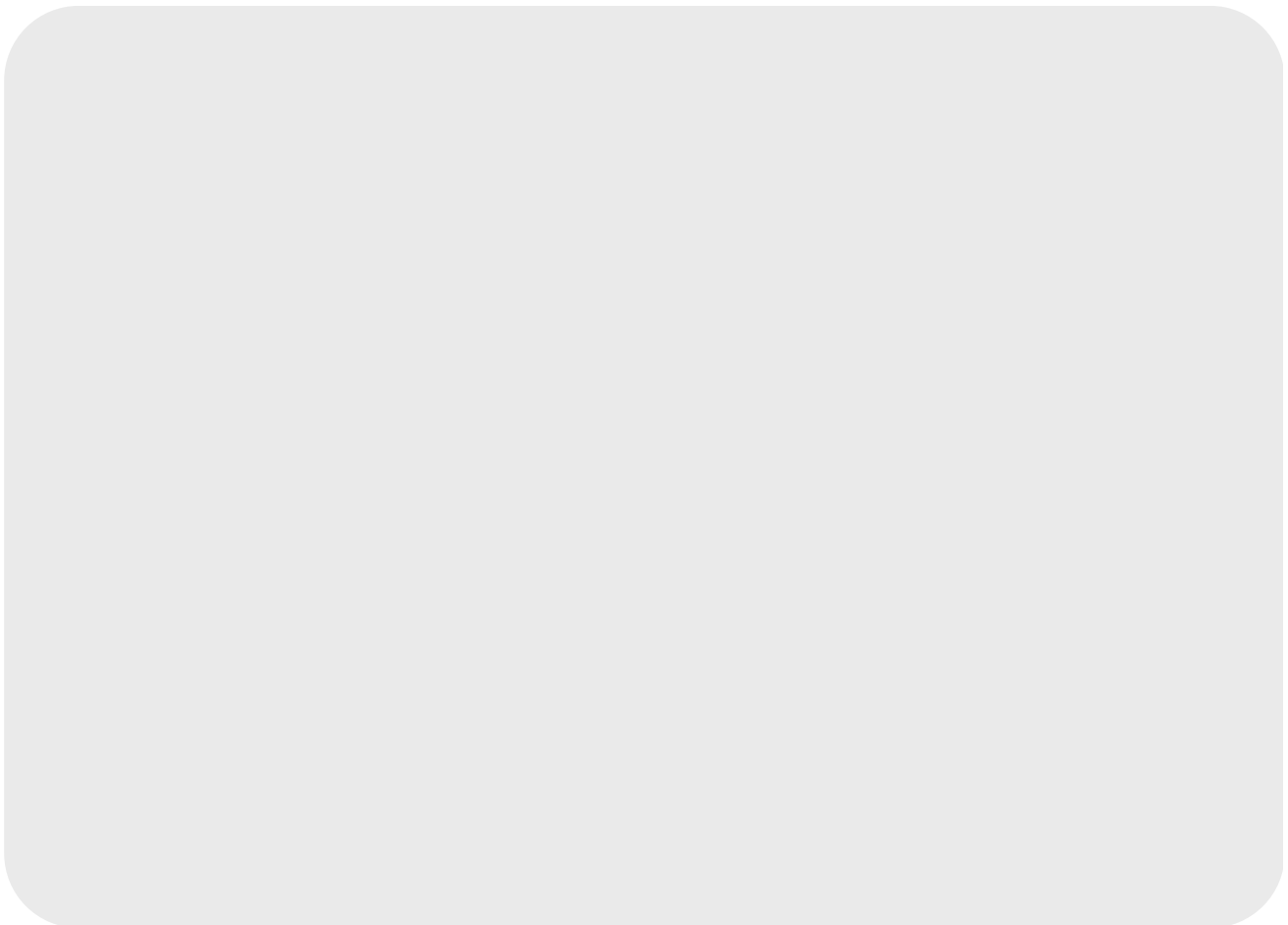
## My Love Letter, His Love Letter

Losing someone you love—especially suddenly—can leave so much unsaid. You may find yourself wishing for one more moment to share your thoughts, to say the things you wanted them to know. This exercise gives you that space.

Take a moment to write a letter to your loved one. Tell them everything you didn't get to say—the memories you cherish, the love you feel, and the words you wish they could hear. Don't worry about finding the perfect words. Let your thoughts and feelings flow freely. This letter is for you and them, a chance to connect through your heart and on the page.

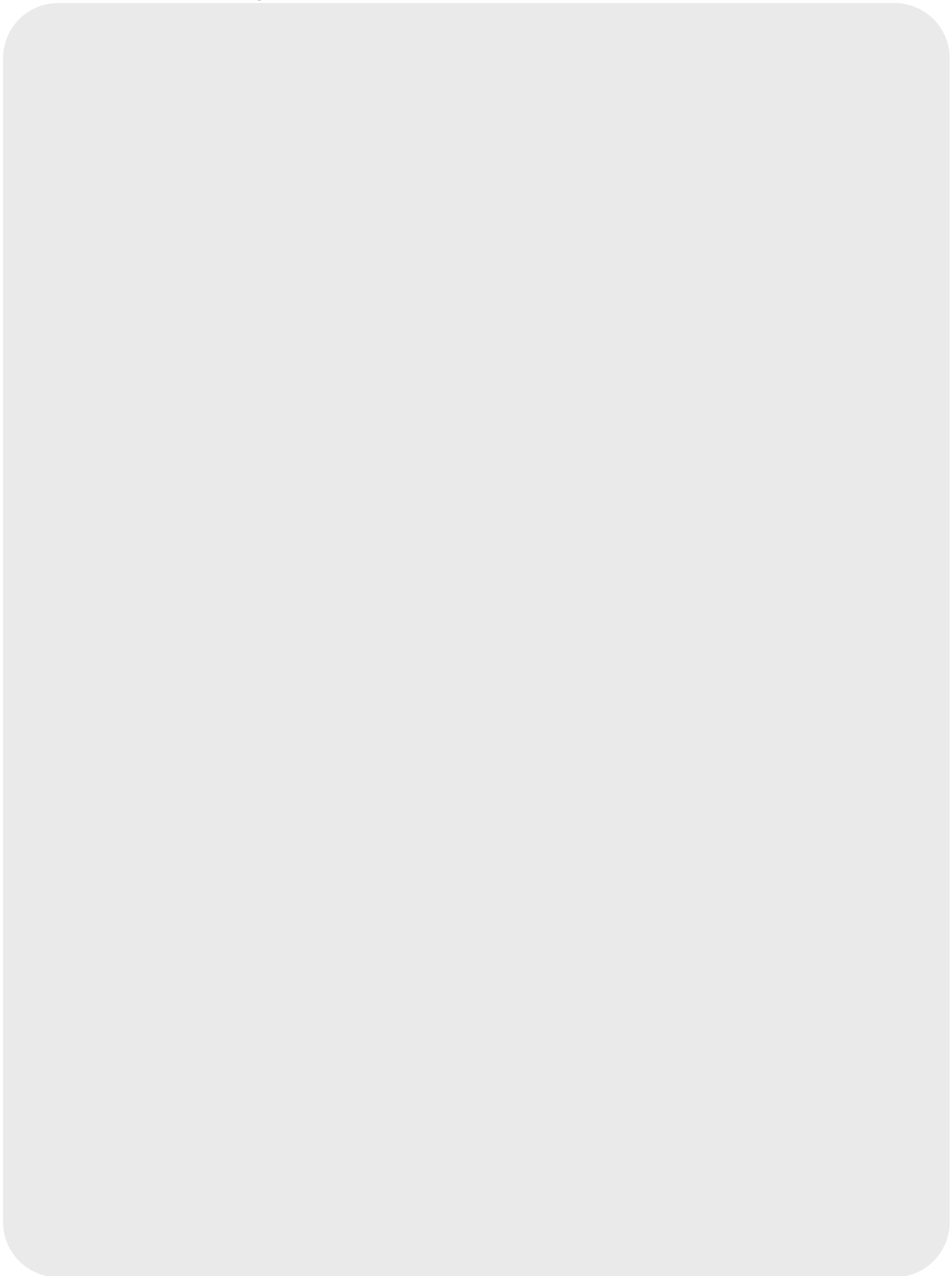
If you've lost yourself somewhere along the way, write to yourself to ignite your own rediscovery. Take this opportunity to draft a letter that says what your heart is yearning to communicate.

**Write Your Love Letter Here:**

A large, light gray rounded rectangle with rounded corners, intended for writing a love letter. It occupies the lower half of the page and is currently empty.

# **Chapter 1**

## **My Love Letter, His Love Letter**



## Chapter 2

### Croatia

In this chapter, I share a deeply personal and heart-wrenching journey of navigating loss amidst life's grandest moments. What began as JR's dream vacation—a celebration of our love and life together—unfolded into an unimaginable tragedy. But this isn't just about losing my soulmate; it's about the ripple effects of that loss, the way it can sever connections to others, to the dreams we shared, and even to the person I thought I was. Loss, in all its forms, has a way of impacting not only what we've lost but the fabric of everything connected to it.

Loss isn't always about death. It can also be about losing touch with someone who once felt like a part of you, letting go of dreams you've poured your heart into, or feeling disconnected from the version of yourself you used to know. It's about the unraveling—of plans, relationships, and identity. This chapter captures the fragile balance between joy and grief, between planning a future and facing an unexpected end. It acknowledges that grief often touches multiple areas of our lives, extending far beyond the immediate loss, and invites you to explore how those layers are interwoven.

As I relive these memories, I'm reminded of how sudden loss—whether the loss of a loved one, a connection, a lifelong goal, or a sense of self-worth—can leave us unanchored. Pain, in all its forms, often dismantles the foundations we've built, but within that unraveling lies the possibility to rebuild, reconnect, and rediscover who we are, even in the face of unimaginable heartbreak.

The prompts below will help you explore your journey of loss, the shared dreams, the hopes that feel distant now, and the memories that still tether you to the ones you love or the parts of yourself you're working to reclaim.

These quotes from the book serve as powerful points for reflection, helping you to explore your emotions, memories, and the complexity of your spirit. Whether your loss involves a person, a dream, a relationship, or another form of change, these reflections are here to guide you.

## Chapter 2

### Croatia

“Despite the chaos, there was a part of me that longed for the simplicity of JR’s dreams, a part that wished I could escape into his world, even just for a moment.”

#### Journal Prompt:

- What simple or joyful memories do you cherish most about your loved one?
- Write about a moment when their outlook on life inspired or softened you.



## Chapter 2

### Croatia

“In that quiet morning light, with the echoes of our achievements still ringing in our ears, I felt a deep sense of gratitude for this new life we had built together.”

#### Journal Prompt:

- Recall a moment when your loved one's words, actions, or presence brought you peace or comfort.
- What did that moment teach you about love and connection?

## Chapter 2

### Croatia

**“I shattered, collapsing to the floor like glass under a sledgehammer... I had become that water, my form disintegrating, bones gone, leaving only a sea of tears.”**

#### **Journal Prompt:**

- Describe a moment when your grief felt overwhelming.
- How did it feel in your body, mind, and heart?
- What small steps can you take to honor your emotions and begin to feel anchored again?

## **Chapter 3**

### **After the Light Fades**

Grief is the shadow of love, a testament to how deeply we cared for someone or something that defined our lives. And loss isn't always about death—it can stem from losing a connection, a role, or a sense of identity. Grief arises when something or someone that shaped our sense of purpose, belonging, or joy is no longer present. When the anchors of our lives are gone, we feel adrift, uncertain of who we are or how to move forward.

Yet grief exists because love and meaning came first. That pain is not just a reminder of what was lost but a testament to what was real and profound. Moving forward is about learning to live “in the after,” carrying love and memory as guiding forces. It's about honoring the significance of what was while finding new ways to reconnect—with others, ourselves, and the person we are becoming.

Though grief reshapes us, it doesn't diminish the bonds we shared or the dreams, roles, and identities that once defined us. This chapter invites you to reflect on loss while beginning the journey to rediscover and reconnect with what remains—and what's still possible. Whether your loss involves a loved one, a life you envisioned, or a piece of yourself, the process of grieving can open the door to profound growth and transformation.

These quotes from the book offer you a balance of reflection, memory, and connection to love, providing opportunities for you to process your emotions through both tender and powerful journaling. No matter the type of loss you experienced, these prompts encourage you to reflect on what has shaped you, what you've lost, and what you can carry forward.

## Chapter 3

### After the Light Fades

**“Grief is in the details. In ordinary events, the aftermath of loss feels insurmountable because the person who made them meaningful is no longer there.”**

#### **Journal Prompt:**

- What small, seemingly mundane rituals or details remind you most of your loved one?
- How do these moments now hold deeper meaning?

## Chapter 3

### After the Light Fades

“The things you fall in love with—the quirks, the rituals—are the same things that splinter you when they’re gone.”

#### Journal Prompt:

- Reflect on the unique quirks or rituals you experienced during a season or with a loved one.
- How did they bring joy, connection, or stability into your life?
- How does their absence affect you now?

## Chapter 3

### After the Light Fades

“The love we had, the life we built, is bigger than the pain of losing it.”

#### Journal Prompt:

- Write about the love you shared with your loved one.
- What aspects of that love continue to support or inspire you today?

## Chapter 3

### After the Light Fades

**“Grief is an extension of love. The deeper you love,  
the deeper you grieve.”**

#### **Journal Prompt:**

- How does your grief reflect the depth of the love you shared or the deep appreciation or emotion you experienced?
- Allow yourself to explore how that emotion continues to exist, even alongside your pain.

## **Chapter 4**

### **Cracking Under Pressure**

Loss doesn't diminish love. It sharpens it, revealing its enduring presence in ways we may never have noticed before. Love lingers in the small, unexpected moments—a shared laugh, a familiar scent, or a memory that surfaces without warning. These moments aren't just tied to people; they can also connect us to places, roles, or dreams that once defined us. They are echoes of the past and affirmations of a love that still lives within us. Loss may feel heavy, but it is love that gives it weight. And just as love deepens the loss, it also offers resilience and grace to help us move forward, no matter the source of our loss.

In my experience, I've come to understand that love isn't just a memory; it's a living force that continues to shape who we are and how we grow. It extends beyond the person we lost to encompass the parts of ourselves, our dreams, and our identities that remain intertwined with that love. It ties the past to the future, allowing us to honor what was while embracing what is yet to come. By leaning into this love—whether for a person, a passion, or a life once lived—we can transform grief into growth and loss into legacy.

The following quotes from the book provide space for processing hardships, finding moments of joy, and recognizing the enduring presence of love, even through loss.



## Chapter 4

### Cracking Under Pressure

**“The weight of grief lifted momentarily, and I was just Mimi, laughing with her grandchildren, lost in a moment of pure, unadulterated joy.”**

#### **Journal Prompt:**

- Describe a moment when joy or laughter broke through your pain.
- How did it make you feel, and what did it teach you about healing?

## Chapter 4

### Cracking Under Pressure

“Grief may be heavy, but it’s love that gives it substance — and it’s love that ultimately lightens the load.”

#### Journal Prompt:

- Reflect on how the love you shared with your loved one makes your life more meaningful.
- How can this love guide you through your healing process?

## Chapter 4

### Cracking Under Pressure

**“Moving forward isn’t about letting go;  
it’s about embracing the transformation of love as it  
persists in new forms.”**

#### **Journal Prompt:**

- How has your love for the person or situation you lost changed or evolved?
- How do you embrace that transformation?

## **Chapter 5**

### **Anger, Anguish, and Apologies**

Pain is not something to be experienced alone. You don't need to carry it all by yourself or push away the people trying to help you. Let them in. Let them take some of the weight with you. Whether your pain comes from losing a loved one, a dream, a role, or a part of yourself, sharing the burden doesn't make the pain any less real—but it makes it a little more bearable.

If you're hurting, don't forget to look up every once in a while. See who's standing next to you. Notice who is quietly supporting you or even grieving alongside you in their own way. And if they're carrying a load too—acknowledge it. Help them with it. While grief can isolate us, it also has the potential to connect us deeply, reminding us of our shared human experience. Whether through words, actions, or shared silence, those connections can lighten the burden for everyone involved.

Remember, strength doesn't always mean holding it all in. Sometimes, it means letting others have it with you. True strength lies in allowing yourself to be supported, to lean on others, and to offer the same support in return.

The following quotes from the book encourage introspection on personal losses, shared experiences, emotional changes, and the importance of connection. They invite you to reflect on both the moments of solitude and the relationships that sustain you through loss.

## Chapter 5

### Anger, Anguish, and Apologies

**“Grief becomes the air around you, heavy, oppressive until each breath feels like a struggle.”**

#### **Journal Prompt:**

- How does your heart feel right now?
- Describe its weight, presence, or impact on your daily life.
- What can help you breathe through it?

## Chapter 5

### Anger, Anguish, and Apologies

**“You focus so much on your own pain, your own struggle to stand back up, that you miss the people around you, struggling just as much—sometimes even more.”**

#### **Journal Prompt:**

- Who else is grieving alongside you?
- How are they carrying their loss?
- Reflect on ways you can support each other while honoring your own grief.

## Chapter 5

### Anger, Anguish, and Apologies

“I wasn’t the same anymore. I wanted to disagree, to argue that I was still here, but I couldn’t.”

#### Journal Prompt:

- How has loss changed you?
- Are there parts of yourself you feel you’ve lost or are trying to rediscover?
- Write about what still feels familiar and what feels different.

## Chapter 5

### Anger, Anguish, and Apologies

“Maybe being strong wasn’t about holding it all in. Maybe it was about letting others hold it with you.”

#### Journal Prompt:

- Reflect on a time when you allowed someone to share your pain or support you.
- How did it feel to let go of some of the weight?
- How can you invite others to help you now?



## Chapter 5

### Anger, Anguish, and Apologies

“Grief, as much as it isolates us, can also be the thing that connects us and binds us in our shared experience of love and loss.”

#### Journal Prompt:

- Write about someone you’ve connected with through grief.
- How has shared loss brought you closer or changed your relationship?

## **Chapter 6**

### **Eggshells and Executive Decisions**

Grief is like a cracked egg—messy, fragile, and impossible to avoid. Just as an egg must break to reveal its potential, grief forces us to face our rawest emotions before we can begin to heal. This applies not only to the loss of a loved one but also to the loss of dreams, roles, relationships, or parts of ourselves that once felt whole. The process is unpredictable and chaotic, but resilience is also born. In the cracks and mess of grief, we discover opportunities for growth, creativity, and transformation. In the mess of it all, we find our strength by embracing the cracks, knowing they are part of the journey.

Resilience means learning to create something meaningful from the broken pieces, regardless of what we've lost. Life doesn't always follow the recipe we expect, but beauty can emerge with patience, perseverance, and creativity. Even when the grief feels overwhelming—whether it's tied to a person, a life path, or a version of yourself—it's in the creating and trying that healing truly begins.

The following quotes from the book are powerful metaphors for loss, healing, and resilience, offering clear and reflective prompts for meaningful journaling. They are here to help you embrace the mess, uncover your strength, and create something meaningful from the cracks.

## Chapter 6

### Eggshells and Executive Decisions

“Grief is tricky like that—it settles into your bones, reshaping you in ways you can’t see but you can feel.”

#### Journal Prompt:

- How has experiencing loss reshaped you?
- Describe any emotional, physical, or mental changes you’ve experienced that others may not see.

## Chapter 6

### Eggshells and Executive Decisions

**“I just have a broken heart. But that’s the thing about grief—people think they have to say something profound when all I want is to be treated normally.”**

#### **Journal Prompt:**

- What are the things you wish others understood about your loss?
- How would you like people to support you or simply “be there” for you?

## Chapter 6

### Eggshells and Executive Decisions

“Like the eggs, I had to break open to let the raw, messy emotions spill out before I could begin cooking up something new.”

#### Journal Prompt:

- What emotions have you been holding in?
- Write about a time when you allowed yourself to “break open” and process your feelings. How did it help you?

## Chapter 6

### Eggshells and Executive Decisions

**“Resilience is about embracing the cracks, knowing they are part of the journey.”**

#### **Journal Prompt:**

- What cracks or imperfections in your life feel most present right now?
- How can you embrace them as part of your healing process?

## **Chapter 7**

### **Fight, Flight, or Faint**

Stepping into leadership after a significant loss is like navigating a chaotic, uncertain, and overwhelming storm. True leadership isn't about having all the answers but finding the courage to stand up, even when you feel unprepared. Loss can take many forms—not just the loss of a person but also the loss of stability, a vision, or a sense of certainty. Leadership in these moments means finding the strength to move forward despite the unknown. It's about honoring the foundation and vision that came before you while trusting in your ability to carry it forward.

Strength in leadership doesn't come from perfection but from persistence. It's about showing up, even when fear and doubt threaten to pull you under; it's about steering the ship through the storm. Whether you're leading a team, your family, or simply yourself, leadership becomes a process of adapting to challenges and finding clarity amidst chaos. Along the way, the journey becomes less about the destination and more about the person you grow into through the challenges. In the face of grief or change, leadership becomes a testament to your ability to grow, adapt, and inspire others—even when the path forward isn't clear. Leadership is not just a role. It's a testament to resilience, courage, and the power to keep going.

The following quotes from the book are robust and provide meaningful opportunities for reflection on resilience, growth, and leadership amid loss. They invite you to explore how challenges shape your strength, how loss can redefine your vision, and how leadership emerges from embracing the uncertainty.

## Chapter 7

### Fight, Flight, or Faint

“Stepping into leadership, especially after a significant loss, is like navigating through a storm—you are tossed, turned, and often feel lost at sea.”

#### Journal Prompt:

- When have you felt like you were navigating a storm in your own life?
- What tools or strengths have you used to keep yourself afloat?



## Chapter 7

### Fight, Flight, or Faint

“True leadership isn’t about having all the answers from the start. It’s about finding the courage to stand up, even when unprepared.”

#### Journal Prompt:

- Reflect on a time when you had to step up despite feeling unprepared.
- How did you overcome self-doubt, and what did you learn from the experience?

## Chapter 7

### Fight, Flight, or Faint

**“The belief others have in you can be the spark that ignites your confidence.”**

#### **Journal Prompt:**

- Whose belief in you has lifted or encouraged you during a difficult time?
- How has their support shaped your ability to persevere?

## **Chapter 8**

### **Talking, Taxes, and Tadpoles**

Life after loss isn't about restoring balance—it's about redefining it in a world that doesn't stop spinning. Grief adds weight to everyday responsibilities, creating overwhelming chaos, but within that chaos lies the opportunity to discover what truly matters. This process isn't limited to the loss of a loved one. It can arise from changes in career, relationships, identity, or any significant life transition that leaves us reeling. It's not about mastering the storm but learning to stand in its center, facing it with courage and clarity.

True leadership begins with guiding yourself through the darkest moments, making tough decisions even with a broken heart, and showing up when it feels impossible. The old balance is gone and the new one may feel fragile and constantly shifting, yet it holds a unique power—the power to rebuild purpose and progress, one small step at a time. Whether it's navigating the loss of a loved one, a dream, or a role you once held dear, redefining balance means honoring the past while embracing the changes that come with the present. Life may never look the same, but every step forward is a victory, and every fleeting moment of clarity is a gift. You find the strength to survive and redefine how you live and love.

The following quotes from the book provide opportunities to explore the tension between past and present, clarity through chaos, and the emotional weight of loss, encouraging reflection on growth and healing. They are here to help you reflect on how loss reshapes your world and how, even in that reshaping, new strength and purpose can emerge.

## Chapter 8

### Talking, Taxes, and Tadpoles

“Living both my life and the life JR left behind felt like trying to walk with one foot in the present and one in the past.”

#### Journal Prompt:

- Do you feel torn between your present reality and the life you once had?
- How do you navigate the weight of carrying their legacy while living your own life?

## Chapter 8

### Talking, Taxes, and Tadpoles

“Clarity doesn’t come from waiting for the storm to pass; it comes from standing in the eye of it, facing it head-on, and deciding what you will fight for.”

#### Journal Prompt:

- Reflect on a time when you faced chaos or grief head-on.
- What did you decide to fight for, and how did that decision bring clarity and empowerment to your life?

## Chapter 8

### Talking, Taxes, and Tadpoles

**“The chaos is where you discover what truly matters, what you can let go of, and where your strength lies.”**

#### **Journal Prompt:**

- What has chaos or loss revealed to you about your priorities?
- What are the things that truly matter, and what have you been able to let go of?

## Chapter 8

### Talking, Taxes, and Tadpoles

**“The weight of new responsibilities, grief, and memories had transformed into a massive, invisible suitcase strapped to my back.”**

#### **Journal Prompt:**

- What invisible “suitcase” of responsibilities or emotions are you carrying?
- What would it feel like to begin lightening that load, piece by piece?

## Chapter 8

### Talking, Taxes, and Tadpoles

**“It’s not about mastering the chaos but embracing it. The chaos is where you redefine your life, your purpose, and how you show up for those you love.”**

#### **Journal Prompt:**

- How has chaos or loss reshaped your purpose?
- What intentional choices can you make to show up for yourself and your loved ones during this time?



## Chapter 9

### Bullshit Advice

Grief is a relentless storm, one that doesn't pause or wait for you to regain your footing. In its chaos, however, lies a chance to rediscover who you are and uncover a renewed sense of purpose. This applies not just to the loss of a loved one but also to the loss of a dream, a role, or a version of yourself that once defined you. When everything feels like it's slipping away, the "why" that guides you forward becomes your anchor—something that gives meaning to your life, even amid the pain.

Your purpose doesn't have to be grand or world-changing; sometimes, it's as simple as showing up each day, living fully for yourself, and for the people, passions, or possibilities that still matter to you. By turning grief into fuel for growth, you honor what you've lost while embracing all that you still have. Whether your loss is rooted in death, change, or unexpected transitions, finding your "why" helps you redefine what matters and move forward with intention. Finding your "why" is not just about surviving but thriving, helping you move forward with intention and strength. It's a reminder that purpose evolves, and even in the face of profound loss, you can create meaning and direction. In doing so, you transform loss into a new beginning, one that grounds you and lights the path ahead.

The following quotes from the book invite reflection on the complexities of loss, the passage of time, and the importance of rediscovering purpose and meaning in the face of hardship. They encourage you to connect with what matters most to you, offering a foundation for growth and healing no matter the source of your grief.

## Chapter 9

### Bullshit Advice

**“It’s not about mastering the chaos but embracing it.”**

#### **Journal Prompt:**

- What would embracing the chaos of your emotions look like?
- Are there aspects of your pain you’ve avoided or resisted?
- Explore how accepting them might open a path toward healing.

## Chapter 9

### Bullshit Advice

**“Ask yourself, what is your ‘why’? What is that one thing that can pull you out of the darkness and give your life meaning again?”**

#### **Journal Prompt:**

- What motivates you to move forward?
- Reflect on your purpose—whether it’s for yourself, someone else, or something greater—and how it can guide you through this chapter of your life.

## Chapter 9

### Bullshit Advice

**“You have the strength to transform your grief into a new beginning, a new purpose that honors what you’ve lost while embracing what you still have.”**

#### **Journal Prompt:**

- How can you honor what you've lost while embracing the opportunities still present in your life?
- Write about small steps you can take to turn your pain into purpose.

## Chapter 10

### Between the Dash

Our lives are not measured by the years we live but by how we choose to fill the space between the dash that tells our story. That dash represents the choices we make, the love we give, and the challenges we overcome, even in the face of grief. It is not just about honoring those we've lost but also about honoring the dreams, roles, and parts of ourselves we've had to let go. While loss can feel overwhelming, life continues, offering us a chance to decide how we want to move forward and honor those we've lost or the chapters of our lives that have closed.

Living with purpose doesn't mean ignoring pain; it means choosing to move forward because of it, shaping your story in ways that reflect strength and meaning. Purpose can be found not only in remembering those who are gone but also in rebuilding from the fragments of what remains—whether it's relationships, ambitions, or a sense of self. The journey may feel impossible at times, but every small step toward joy, love, and purpose is a victory. It's in those steps that we redefine who we are and what we stand for, even as we carry the weight of loss.

Remember, your dash is still being written—it's your opportunity to create a life that celebrates who you are, who you are becoming, and the love and lessons that have shaped your journey, one step at a time.

The following quotes from the book focus on self-reflection, embracing courage, and shaping a meaningful legacy, all inspired by the chapter's themes of resilience and intentionality. They encourage you to see grief not as an endpoint but as a chapter that can inspire growth, purpose, and transformation.

## Chapter 10

### Between the Dash

“The dash represents the time we spend living, the experiences we accumulate, and the choices we make.”

#### Journal Prompt:

- What does your dash represent so far?
- Reflect on the choices and experiences that have shaped you.
- How do you want to continue filling your dash moving forward?

## Chapter 10

### Between the Dash

“Living between the dash is what matters. It’s what you do in that space that defines you.”

#### Journal Prompt:

- What meaningful actions, relationships, or dreams define your life right now?
- How can you focus on what truly matters as you live between the dash?

## Chapter 10

### Between the Dash

**“Sometimes the bravest thing you can do is walk away from something not meant for you.”**

#### **Journal Prompt:**

- What is something in your life that no longer serves you?
- Reflect on the courage it might take to walk away and the freedom it could bring.



## Chapter 10

### Between the Dash

“Our lives are not defined by the number of years we have but by how we live the time between the dates.”

#### Journal Prompt:

- What would a life well-lived look like for you?
- Imagine the legacy you want to leave behind and the ways you can live more intentionally today.

## Chapter 10

### Between the Dash

“Grief can be all-consuming. But it’s in these moments—when the pain feels unbearable—that we decide how we want to live our dash.”

#### Journal Prompt:

- How have your life’s challenges changed your perspective?
- What steps can you take to ensure your pain transforms into a source of purpose or growth?

## Chapter 11

### My Love Letter Now that I Know

Sometimes, healing reveals new layers of understanding, and as we grow, our relationship with the ones we've lost also evolves. Now that you've begun to heal, take this opportunity to write a new letter to your loved one or to the dream, role, or part of yourself that you lost. Grief isn't static and, just as healing reshapes us, it also changes how we connect with what's gone. In this letter:

1. **Reflect on What You've Discovered** – Write about the ways their absence, or the loss you've experienced, has changed your life. What have you uncovered about yourself, your strength, or your relationships during this time of healing? What new perspectives have emerged as you've navigated this loss?
2. **Share What You've Learned** – Pain is a teacher. Describe the lessons you've taken away—whether about love, resilience, adapting to change, or rediscovering meaning. How has this experience shifted your outlook on life or shaped your values?
3. **Acknowledge Who You Are Becoming** – In this new chapter of your life, who are you? How have you grown, and how are you honoring not only your loved one's memory but also the parts of yourself or your journey that you are reclaiming? What steps are you taking to build a life of purpose and intention moving forward?

Don't worry about getting it perfect—this is a space to be honest and real with your emotions. Whether it's a page of gratitude, a reflection of your growth, or a simple "I miss you," this letter is about expressing where you are today. It's an opportunity to acknowledge your emotional evolution, your healing, and your continued connection to what matters most.

## Chapter 11

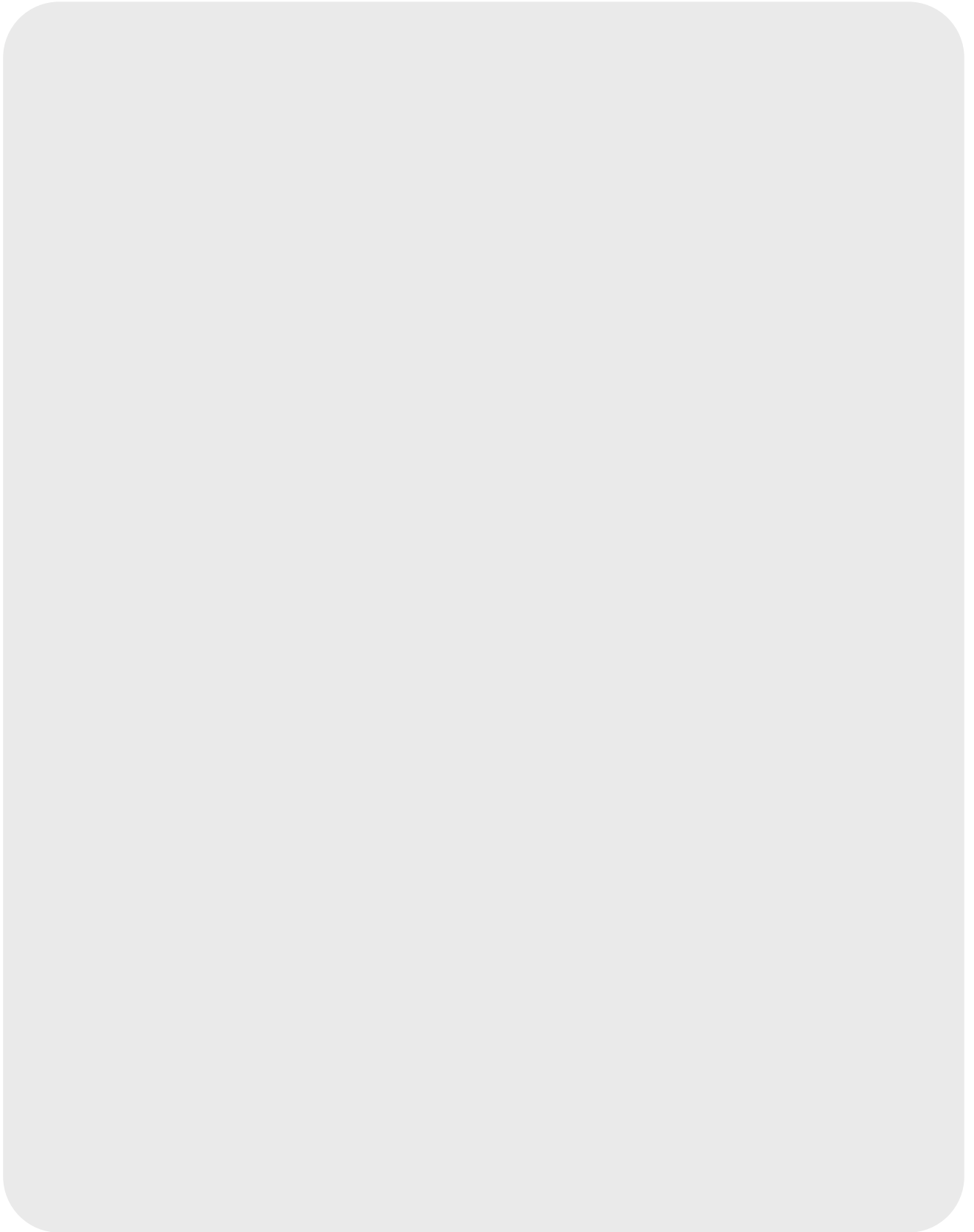
### My Love Letter Now that I Know

Take a deep breath, let your heart guide you, and write with the love and hope you now carry forward.

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## **Chapter 11**

### **My Love Letter Now that I Know**



## Chapter 12

### Carrying the Flame

Discovering the strength to keep moving forward after loss is vital to your healing. Losing someone you love can shatter you, leaving you in pieces, but it doesn't mean you can't rebuild. This applies not only to the loss of a person but also to the loss of dreams, roles, or parts of your identity. Loss, in all its forms, challenges us to find ways to piece ourselves back together. Life isn't about avoiding pain; it's about using the love, wisdom, and lessons left behind to create something beautiful and meaningful. Even in moments when you feel like you can't go on, there is strength within you to rise, to lead yourself forward, and to rebuild a life that honors both your loss and your resilience.

You have the power to take control of your story and shape it into a reflection of who you want to become. The pain may never fully leave, but it can become the fuel that propels you forward. Whether your pain stems from losing a loved one, a version of yourself, or a path you once envisioned, this is your chance to create your best life—a life that honors what was while embracing what can be, a life full of love, strength, and purpose, even in the face of unimaginable loss.

The following quotes from the book provide a balance of reflection, self-discovery, and empowerment, guiding you to navigate your pain while focusing on personal growth and resilience. They remind us that loss, while life-altering, also holds the potential to inspire new beginnings and reveal the strength we never knew we had.

## Chapter 12

### Carrying the Flame

**“When you can get comfortable being uncomfortable, you can have anything you want.”**

#### **Journal Prompt:**

- Reflect on moments when stepping outside your comfort zone has led to growth or change.
- What discomfort are you willing to embrace to achieve your goals?

## Chapter 12

### Carrying the Flame

“I was so focused on everything I had lost that I forgot to be grateful for everything I had lived with JR.”

#### Journal Prompt:

- What moments or memories bring you the most gratitude?
- How can you use these as inspiration to live your best life?



## Chapter 12

### Carrying the Flame

**“Stop surrounding yourself with people who don’t challenge you, who let you stay comfortable in mediocrity.”**

#### **Journal Prompt:**

- Who in your life pushes you toward growth and greatness?
- Are there relationships or habits that might be holding you back from becoming your best self?

## Chapter 12

### Carrying the Flame

“Life isn’t about avoiding pain or loss but finding your best life despite it.”

#### Journal Prompt:

- What does your “best life” look like now?
- How can you move forward while honoring the lessons and love from your loss?

## Chapter 12

### Carrying the Flame

“It’s time to rise above the fear, the doubt, the guilt, and step into the light of what you’re meant to be.”

#### Journal Prompt:

- What fears or doubts are holding you back right now?
- How can you begin to let them go and move toward your purpose?

# Living Between the Dash:

## JR Ridinger's Guide to a Life Well-Lived

The dash between the year we are born and the year we pass is a small mark on paper, but it represents everything—our story, our struggles, our triumphs, and the lives we touch. JR believed deeply that the dash wasn't just about existing; it was about thriving, creating, and leaving the world better than you found it.

JR was a believer extraordinaire. He poured belief into those around him and anyone who desired to take a step toward living life on their own terms. He believed in creating one's own destiny and defying the temptation to accept whatever life has dealt you. He believed in the power and resilience of the human spirit. He taught us to focus on the things that truly matter:

**Dream Big.** JR always said, "Dream big; you will never be bigger than your dreams." He believed in chasing dreams with unrelenting passion and making them into a reality through vision, belief, commitment, and taking action.

**Empower Others.** JR believed that success is not measured by personal gain but by how many lives you positively impact. He believed the greatest legacy lies in helping others discover their potential and create their own success. JR constantly encouraged people to harness the power of personal belief. The first step to accomplishing any goal is believing it can be done.

**Cherish Relationships.** JR believed that the foundation of life is in the personal relationships you build. He taught us to believe in ourselves, invest in our loved ones, nurture friendships, and make meaningful connections. According to JR, surrounding yourself with positive, ambitious people with a shared sense of purpose and belief is critical for achieving your goals and living a fulfilled life.

# Living Between the Dash:

## JR Ridinger's Guide to a Life Well-Lived

**Be Relentlessly Authentic.** JR encouraged us to strive to become the best version of ourselves. Being authentic takes courage and conviction, concepts JR considered essential to a meaningful life. “Don’t let anything or anyone stand in the way of your success and your custom-made life,” he would say.

**Turn Setbacks into Setups.** He taught us that failure is not the opposite of success—it’s part of it. Every obstacle is an opportunity to learn, grow, and come back stronger. Life isn’t about never falling; it’s about how quickly you get back up. JR always reminded us never to give up.

**Give Back.** A well-lived dash is one that leaves the world better than it was. JR believed in giving generously, sharing knowledge, resources, and love, and was always looking for ways to make an impact. His passion and energy fueled the masses and were constant sources of strength and inspiration for those closest to him. He saw what others didn’t—in the world and within themselves—and used that foresight to build a monumental legacy grounded in belief.

**Live in the Present but Build for the Future.** While he dreamed big, JR was also grounded in the present. He understood that little moments—laughing with family, celebrating small victories, and appreciating beauty—are what make the dash meaningful. He encouraged us to find joy in the journey each day but to take time to feed our minds daily to have clarity of purpose and to manifest our goals and dreams.

# Living Between the Dash:

## JR Ridinger's Guide to a Life Well-Lived

**Time is Precious.** Finally, JR always believed and would often express that the most valuable and precious commodity in the world is time.

On every tombstone, there is a birth date and a death date. Between them lies the Dash. While we may not have much control over the dates on our tombstones, we do have control over what happens between those dates. JR used the Dash to represent our life and legacy—and urged us all to live our Dash to the fullest.

Our Dash isn't just the time we have on this earth; it represents the legacy we leave behind. The mark we leave on this world is measured by the impact we have on others; the more lives we change, the larger the legacy.

**So today, ask yourself:** What are you doing with your dash? How are you making it count?

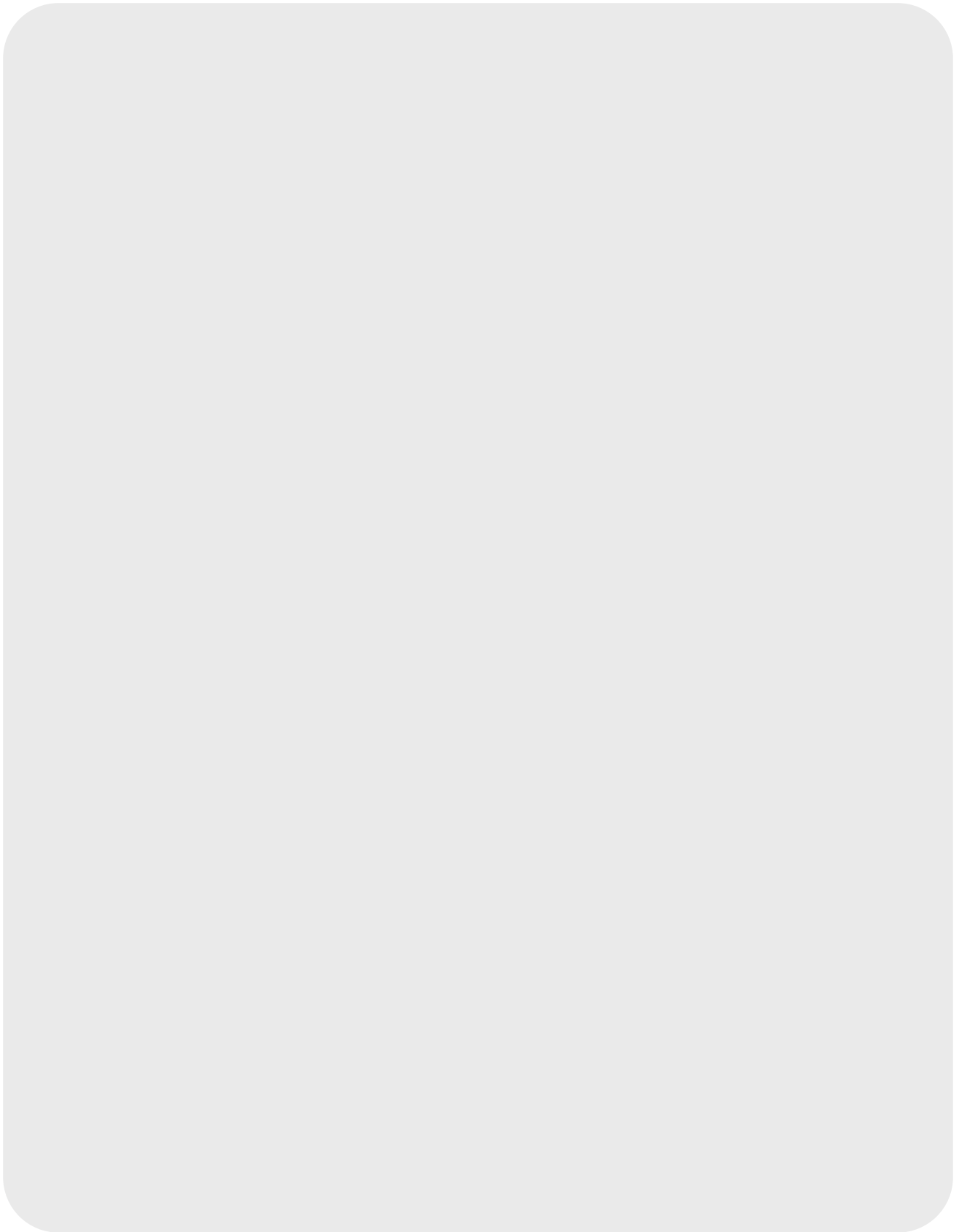
**In honoring JR, let us all commit to living our dash as he did—boldly, authentically, and with a heart full of love and gratitude.**

A handwritten signature in black ink, reading "John Ridinger". The signature is written in a cursive, flowing style. The first name "John" is written with a large, looped 'J' and a small dot over the 'i'. The last name "Ridinger" is written in a similar cursive style, with a large 'R' and a small dot over the 'i'.

## Notes to Myself

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## Notes to Myself

A large, empty, light gray rounded rectangle representing a notepad area, intended for taking notes.



## Notes to Myself

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