

Your Personal
W I D O W
BOARD
OF DIRECTORS



We all know that being a widow is....

LONELY SCARY OVERWHELMING
SAD STRESSFUL EXHAUSTING
ISOLATING EXPENSIVE TERRIFYING
TRAUMATIC DEVASTATING

I know you could create your own list of adjectives to describe your feelings about becoming a widow.

Getting the support you need with your grief is necessary for your healing. I am sure you want to start to feel more like yourself. You will be able to do that faster by allowing others to support you.

What if you could reduce your stress, loneliness and overwhelm by 10% or more?

That would be impactful, right? You can not do this grief stuff alone.

That is how the Widow Board of Directors can help you.

Think of this as your personal team of advisors and doers who can help you offload some of what you have on your already overflowing plate at home and at work.

You might be thinking....I have no idea what I need help with, I don't want to ask for help or I have already asked for so much help, I can't possibly ask that person again, I used to be able to do all of this why can't I get this done, I am a smart woman, I should be able to figure this out too, I have no idea who to ask, I don't have any money to pay anyone for help, I don't have a lot of friends.



Hang in there. This worksheet will make it very easy for you to create your own Widow Board of Directors by focusing on 3 areas: What do you need help with, Who to ask and how to ask. It is that easy.

What do you need help with?

I want you to think about this in 3 different areas in your life: **Work, Personal and Household.**

WORK

Do you need to reduce your workload? Do you need to take more breaks during the day to allow yourself time to breathe? Are you working too much or too little? The list could go on I am sure.

PERSONAL

This is usually where I get big eyerolls. Yeah, right how am I supposed to take care of myself when I have just had a million other things dumped on my plate. This is absolutely why you need to do it. If you do not take care of yourself now, your health will start to suffer and may be already. Think about: sleep, nutrition, fitness, mental and physical health. If you do not take care of yourself, you will not be able to take care of others or be able to have the energy and stamina to re engage in activities that could bring you joy.

HOUSEHOLD

We all know there are a million tasks that need to be done to keep your household and family running: grocery shopping, errands, laundry, mail sorting, bill paying, car pools, Childcare.

If you have some funds to help support this may be a great gift to yourself. Here are some ideas: meal kits or local pre-made options, send your laundry out to be cleaned, hire a personal trainer (great for accountability), hire a babysitter / nanny, hire a household manager, hire a local teen to run errands, hire a nutritionist.

Now it is time to make your list. Think of this as a sky's the limit brainstorm list. Do NOT think about cost here. There are plenty of free ways to accomplish many of these things you just need to call on your Widow Board of Directors to help you get creative.

Step 1

I want you to list 5 things that you need help with in each area of your life.

WORK

PERSONAL

HOUSEHOLD

Step 2

Now I want you to go back to your list and put an * by the top 2 things that would make the greatest immediate impact on your life. Once you work through those you can always come back to your list.

Who do I ask for help?



I want you to be open minded here. Consider everyone. Even if they are out of town there are things that they can help with. Remember people want to help you they just don't know what to do. They are waiting for you to direct them. Even though as widows we feel like everyone should know that we are struggling and need help. They all offered, now where are they? They are waiting to be directed.

WORK

have you shared with your boss how you are doing? Can you work with them to come up with a prioritization of your work? How about aligning with a co-worker to offload some work temporarily.

PERSONAL

Friends, those in your neighborhood, family members, faith community, other widows or those in grief community. (There are free widow groups out there that are in person too. Local widow facebook groups)

HOUSEHOLD

Friends, family, parents of children in your child's class, faith groups, grief groups.

Step 1

Brainstorm your list of everyone that could help you in each of the areas. No hesitation here, just write them down.

WORK

NAME	TASK(S)

PERSONAL

NAME	TASK(S)

HOUSEHOLD

NAME	TASK(S)

Step 2

Go back to the list of names you created and add the task or tasks that person could potentially assist you with.

Step 3

Now you are going to create your official Widow Board of Directors Organization Chart.

Chairwoman: That is you. You will need to communicate to let your board know what you need.

Chief of Staff: This will be your main person that you can go to who can help manage it all. This is likely your best friend or close relative. The person that knows the most about all aspects of your life. As a Chief of Staff, you will be able to delegate general things to them and they can delegate them and solve problems for you. They are get it done kind of people.

My Widow Board of Directors Organizational Chart

Chairwoman

Chief Of Staff

Work Department

Personal Department

Household Department

Name

Task

Name

Task

Name

Task

Name

Task

Name

Task

Name

Task

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Task

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Name

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Name

Task

Name

Task

Name

Task

Name

Task

How Do I Ask For Help?



Now it is time to onboard your Widow Board of Directors. Here are some suggestions on how to do that.

Step 1

Think through specifically on how you would like to ask them. So often people don't follow through on doing something because they don't know what to say or how to ask. What words do you want to use?

E X A M P L E

Think through specifically on how you would like to ask them. So often people don't follow through on doing something because they don't know what to say or how to ask. What words do you want to use?

Write 3 different ways that you would be comfortable asking for help.

OPTION 1

OPTION 2

OPTION 3

Step 2

Be specific in your ask.

E X A M P L E

Hi Jen, I appreciate you offering to help with picking up my dry cleaning every week. How can I make that easy for you? (think about providing her the clothes, payment, where she can drop them off and deliver them to you). Yes, get that detailed. It makes it easier.

Step 3

Make the ask.

Step 4

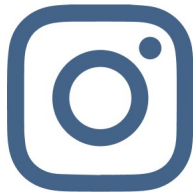
Thank them. I know that is obvious, but I know right after my husband died I sometimes forgot this part.

You are now ready to take many things off your plate, perhaps connect with more people and find some time back for you. You can do this!



I want to celebrate you. You downloaded this worksheet to find some support. You are making steps each day towards your personal rediscovery. It takes time. I want you to look at how far you have come already.

I offer many ways to continue to receive support through my free content on Instagram, LinkedIn and my website.



VIEW



VIEW



VIEW

I also work individually with widows via Zoom

as a coach to help widows like yourself Rediscover, Reimaging and Relaunch their lives at home and at work. If you are interested in learning more about how coaching with me can help you please click this link:



LEARN MORE