

The Wayfinder's New Year

Carrying their light into 2026

GRANT HAZELL

THE PET LOSS WAYFINDER

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Step 1: The Reframe (Addressing the Guilt)

The Thought: The hardest part of a New Year is the feeling that you are "leaving them behind" in the old year.

The Truth: Time is a river, not a series of rooms. You aren't leaving them in 2025; you are carrying the love you built there into every year that follows.

The Mantra: *"I am not moving away from you; I am moving forward with you."*

Step 2: The "Social Filter" (Protecting Your Energy)

The Thought: The pressure to be "joyful" or "resolute" on January 1st can be exhausting. The Guidance:

Opt-Out: Give yourself full permission to skip the celebrations. If 9:00 PM feels like midnight because your heart is heavy, go to sleep.

The Script: *If invited out, practice this sentence: "I'm finding the transition into this year a bit tender, so I'm going to stay in and honor [Pet's Name] tonight. Thank you for thinking of me."*

Step 3: The "Anchor" Ritual

The Thought: Replacing "Resolutions" with "Remembrance."

The First Light: On New Year's Eve or Day, light your Wayfinder lantern (or a simple candle).

The Dedication: Say their name out loud. Tell them one thing you are carrying from them into this new chapter (e.g., "I am carrying your bravery with me").

The Physical Link: *Place one of their items (a collar, a favorite toy, or a photo) in a place where the morning light hits it on January 1st.*

Step 4: The Low-Pressure Goal

The Thought: Setting a goal that honors your grief.

The 5-Minute Walk: Don't promise to "get fit." Promise to take a 5-minute "Wayfinder Walk" once a week to talk to them in the quiet.

The Memory Box: *Resolve to write down just one favorite memory of them on the first Sunday of every month in 2026.*

The fog doesn't have to be walked alone. Let's find your footing together.

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