



Letters From the Heart

Prompts to Connect, Heal, and Leave a Legacy

Writing a letter is a profound way to express feelings, find closure, or leave a lasting legacy for those you love. Whether it's a message to someone who's passed or a note for your loved ones to cherish when you're gone, these prompts can guide your heart and pen.

Tips for getting started:

- **Begin with "Dear [Name],"** and let your thoughts flow naturally.
- **Use specific memories** to make your words heartfelt and personal.
- **Write as if they're right there with you.** This is your chance to say what matters most.
- **Don't worry about perfection.** Your words just need to come from the heart.



Prompts to Write a Letter to Someone Who Has Passed

What I Wish I'd Said

What do you want them to know about how they impacted your life? Is there something you wish you could take back?

A Memory That Stays with Me

What would you say to them if you could relive it together?

How I Carry You with Me

What qualities, lessons, or moments do you hold onto that continue to shape you today?

Prompts for a Letter to Your Loved Ones

Why You're So Important to Me

What do you admire, appreciate, or treasure most about them?

My Hopes for Your Future

What guidance or encouragement would you offer them for their journey ahead?

Memories I Will Always Cherish

What moments do you want them to remember and carry with them as a part of you?

What to Do with Your Letter

- **Keep it close:** Store it in a special place where you or your loved ones can revisit it.
- **Share it:** If it feels right, let someone read it to feel the connection and love you've expressed.
- **Release it:** Some letters are written for your heart alone. Burn, bury, or release it as a symbolic gesture of closure.

When you have a quiet moment to reflect, start writing – it may be more healing than you expect. If you found this guide helpful, share it with someone who could benefit.