



# 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:

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- **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

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## 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

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## 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

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- **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.