

Letter Writing Prompts

Write a letter directly to your loved one. Share memories, express your love, and say the things left unsaid.

Reflect on any unfinished conversations or unresolved issues you have with the deceased. What would you want to say or ask if you had the chance?

Write a letter of forgiveness, addressing any regrets, guilt, or resentment you may have toward yourself or the deceased.

Express gratitude in a letter for the positive impact your loved one had on your life. What lessons did you learn from them?

Imagine that your loved one could offer advice or guidance from beyond. Write a letter capturing the wisdom or encouragement they might offer.

Get creative and write a letter in the voice of the deceased, offering comfort and reassurance.

Outline your future aspirations in a letter and explain how you plan to honor the memory of your loved one in your life journey.

Share stories and wisdom in letters to future children or grandchildren, passing down the legacy of your loved one.