



Letters to my Loved One

A space to remember, reflect, and honor.

Why write?

Writing to your loved one can help you process grief, preserve memories, and feel connected.

How to Use This Workbook:

- Write one letter or many, at your own pace
- Keep them in this workbook, or tear out and place in a memory box
- You may choose to read them aloud during anniversaries, birthdays, or memorial services

I want you to know...



I remember when we...





Something I wish I could tell you now is...



One promise I will keep in
your honor is...





When I think of you, I feel...





My Favorite Memory with You

Draw or attach a photo

Thank You For...





On Your...

Lines to reflect on special dates and how you feel on them

Birthday / /

Anniversary / /

Holiday / /





Until we meet again...

Space for a closing message, blessing, or prayer

Keepsake Step

Save your letters in this workbook, a memory box, or share them with family.

You may read them aloud during memorials or place them where your loved one is remembered most.