



# 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...*

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*I remember when we...*

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

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

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*When I think of you, I feel...*

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# *My Favorite Memory with You*

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Draw or attach a photo





# Thank You For...







# On Your...

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

Birthday   /   /

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Anniversary   /   /

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Holiday   /   /

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*Until we meet again...*

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Space for a closing message, blessing, or prayer



A series of horizontal lines for writing 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.