

be someone who sends letters

seven simple letter writing prompts

by Jacqueline Fisch

intro

Summer.

Hot, sticky days.

Fireflies.

Campfires. [mmm s'mores!]

Bare feet.

Sunsets.

Summer. Afternoon.

Do you remember pen pals? I sure do.

The thrill of watching the mailman [or woman] walk up your driveway and leave a bundle of posted mail in your mailbox.

Then you'd nonchalantly tread outside, barefoot, to the mailbox to see what treasures await.

You spot an envelope that's different from the rest. Your name is on it, your address is scribbled with a pen, and a stamp. This little piece of paper stands out from the bills and junk mail.

You sprint to your room, letter in hand, shut the door, slide onto the floor beside your bed and stare at the envelope.

Someone took the time to write your name on the front – with a glitter pen!

There's a sticker sealing the envelope too – so much care was put into mailing this.

You tear open the letter and...



This is where you get to finish the story.

Summer Love Letters.

Be someone who sends letters.

Seven letters + a quick + dirty prompt.

You'll need:

1. 5-minutes or less for each letter
2. A pen
3. A love for love

i love love – a little encouragement

Thanks for being here.

Before we start, I want you to think about something.

What's it like to be you right now?

Jot down your answer in a notebook, a sticky note, or send an email to yourself. We're going to check-in with this at the end of this little adventure in pen and pulp.

Just write the letters. Write any letter. I don't give a flying fiddlestick if you throw out the script, go rogue and write whatever the hell you want.

And if you choose to stop right here, and go outside to play – that's great too.

Write letters and never send them.

Write notes and burn them in a summer bonfire.

It doesn't matter. Just write.

If you *do* send some letters, know you could very well change someone's day, maybe even their life.

Be proud. You're going to do something scary. You're putting yourself out there, to tell someone something. Sharing love.

There's one rule for letter writing:

Write what comes to mind first

Gather your writing supplies, glitter pens, stickers, stamps, watercolors, and stock up on stamps. Did you know you can [order stamps online](#) in the US? Epic, you guys.

In the end, the message counts more than the medium.

Go wild.

Stick with vanilla and manila.

Do what feels good.

What's in this little guide:

one: write a thank you note

two: compliment someone

three: write a love letter to yourself

four: write a love letter to someone special

five: write a love letter to a family member or friend

six: write a love letter to someone no longer in your life

seven: write a love letter to your future self

If you're not feeling any particular letter, skip along to the next one, or write something else.

That's all. I hope you're as excited as I am.

one: say thank you

Welcome to your first letter.

I'm so happy you're here, intentionally sending love into the world. I might explode with joy from the thought of the seven letters you're about to write.

Ready?

Here we go....

Gratitude is an expression of love. You're going to write a thank you note. It can be as simple or elaborate as you like. Fill it with love, and smile while you write it.

Use a pre-printed thank you note card, a blank card, or a sticky note. Go wild and put it on the jumbotron at the baseball game, or rent a lawn sign.

Send your thank you using snail mail, email or text.

Maybe you want to thank your neighbor for walking your dog, thank your kid for helping his little sister.

If the act of kindness happened 5 minutes ago, or 5 years ago – it's never too soon, or too late to offer gratitude.

Your writing prompt:

Hi / Dear [person],

When you [did this thing for me], when I was feeling _____, it meant the world to me. It helped me to _____. I couldn't have _____ without you and your _____.

I might not have told you this at the time. Sometimes I have a hard time saying thank you. I want you to know you changed / helped / made my life better.

Thank you.

[you]

“Joy is the simplest form of gratitude.” – Karl Barth

two: give a compliment

You're glowing!

You're beautiful.

I love your paintings.

That color is perfect on you.

Those shoes – WOW!

How do you feel when someone says something heartfelt and amazing about you?

Awesome, right?

Notice the bounce in your step after reading those nice words. Now, imagine what they'll do for someone else.

You're going to give someone a compliment. Compliments are even better in writing, because you can print them out or save them forever and ever.

Create a thank bank. Make the compliments you receive live forever by saving them all in one place. Read them when you're feeling shitty, or when you feel like you just can't do anything right.

Years ago, I created a notebook in [Evernote](#) (it's free). Every compliment I received that I want to hold onto, every glowy thing from a performance review, every bit of beautiful [client feedback](#), I file it in this online notebook.

When I write something that totally bombs, or I'm lacking the motivation to write, create, or frankly – make *anything*, I scroll through the compliments and feel better right away.

You can also do this by creating a folder in your inbox. Save nice emails there.

Want more compliments? Give more compliments.

Let's make someone's day.

Hi [name],

When you [rocked that speech / handled that tricky client / spoke to our son] I watched in awe - you were amazing! You're such a natural at [amazing thing they do]. Please keep doing what you're doing.

Love / Cheers / Rock on,

[you]

Here's some quick + dirty inspiration for email, text or sticky notes:

You are beautiful / glowing / amazing.

I'm so glad I get to be in your life.

Homework: Start a thank bank or a compliment folder, document, or a notebook and log at least five of your favorite compliments. Use [Evernote](#), [Google Docs](#), an email folder, a Word document, or a small paper notebook.

three: give some self-love

I know. Self-love is *hard*. And weird.

Once you start loving yourself, you're not going to be able to get enough. Like when you start popping salt and vinegar kettle chips, it's *really* hard to stop at just one. And shit, why would you even *want* to?

Once you dabble in self-love, you'll want more. It feels good. More good feelings = less bad ones. More good days = less bad ones. More good days = good month...which snowballs into...**an AMAZING life!**

I've heard from a few friends lately they're having a "**summer of me**" or a "**week of me**". What a wonderful idea! Dedicate this week, this month, this season, *this life* – to YOU, sharing love with people you love.

You've probably heard the expression, "You're your own worst critic." It's more than an expression.

Think about the voice track playing in your head when you screw up. "*I'm so dumb.*" "*That was so stupid.*" "*That totally sucked.*"

Now, would you ever say those things to someone else? Would you say them to a kid?

No, right? (I hope so, anyway). Stop saying them to yourself.

"You have been criticizing yourself for years, and it hasn't worked. Try approving of yourself and see what happens." – Louise L. Hay

You're going to take a big first step and write yourself a love letter. Why wait for someone else to send you a letter? [Send one to yourself first.](#) Self-love is sexy.

Real talk: This is *going* to feel weird. This is for you. No one else needs to read it.

Stuck? Here's what to say to yourself...

Hi [gorgeous / beautiful / your name],

You are awesome. Here are just a few of the things I love about you:

1. *Thing 1*
2. *Thing 2*
3. *Thing 3*
4. *Thing 4 [list as many as you want]*

Starting right now, I'm going to be less hard on you. When that voice speaks up that wants to put me down, I'm going to notice. I'll gently ask why I'm talking to myself this way.

Then I'll find loving words. I promise to be gentle with you.

I really love the way you [thing you're really good at]. I'm so proud of you for showing up every day and giving this life your best shot. You're doing great. You're a good [mom / dad / friend / person].

You're strong. You're smart. You're beautiful. You're, you.

I love you.

[you] xoxo

Decorate your letter with hand-drawn hearts, stickers, or perfume – this is *your* expression.

You can also mail this letter to yourself, give it to a friend to send to you, or send yourself an email that you'll get later using this [fun website](#) (it's free, donation is optional). Schedule it for next week, next year, or in 20 years.

Want more self-love?

You know when you're shopping online and see the option to include a **free gift message**? DO IT! Especially when you're shopping for yourself!

Write yourself a little love note - *you're awesome, you rock, you're going to look like a goddess in this, you're the best, thanks for buying this, this was totally worth it.* When your package arrives you'll forget all about your note. It'll be a fun surprise that'll make you smile - promise.

“People who want the most approval get the least and the people who need approval the least get the most.” – Wayne Dyer

four: write a love letter to someone special

Love letters have a special place in my heart because my husband and I dated while living 400 miles apart and in different countries. A great deal of the beginning of our relationship consisted of cards, letters, emails, text messages...and finally, [a few sticky notes that changed everything](#).

Lets write a letter to someone special. Maybe this is your husband or wife, your boyfriend, girlfriend, or partner. Maybe it's to someone who doesn't know you love them – yet.

Maybe your letter isn't for someone you feel romantic towards – it's a platonic letter to a special friend, teacher, coach, co-worker, or someone you think is amazing who doesn't even know you exist.

You can read a few lines from a trashy novel to get your, ahem...juices flowing. You can also check [this](#) out for inspiration.

Let's get started...

Hi [name / lover / nickname],

I hope you're having an amazing day. I was just thinking about the time we_____.

I love when you _____.

You make my life better every day, because _____, _____, and _____.

You make me want to _____.

I also love you because...

- Reason 1
- Reason 2
- Reason 3
-[keep going if you like]

Thank you for being you / being in my life.

I love you.

[you]

Drop this in the mail, leave it on a pillow, in the bathroom, or in a work bag. Send it off with love.

You are so brave. You are SO making someone's day. Smile.

PS – [here's](#) how my love story started

five: write a letter to a family member or friend

It's easy to go through life assuming everyone knows how you feel.

Do I know my kids love me? Yes, of course. I still like, and need to hear it though.

Do you get the warm fuzzies when someone says they love you?

Who haven't you said it to in a while? Who needs to hear it?

I say, "I love you" when I mean it, and somewhere along the way, I became very conscious not to overuse it. Throwing out, "I love you" 10 times a day makes it feel watered-down and soggy.

Treat "I love you" like a condiment (think wasabi on sushi), and it'll have a bigger impact, instead of laying it on so thick you choke and your eyes sting and water from the overpowering heat (I wouldn't know anything about this).

Now, you're going to write a platonic love letter.

We often take our family for granted – not you!

You're the type of person who sends letters, and you also the type of person who isn't going to leave things unspoken. Cheers, to speaking.

Feel free to include a story or something to make it personal. Here's something to get you started.

Hi [name],

I'm writing this quick note to say something I don't say as often as I like, or maybe as often as I should.

I love you.

You've taught me how to _____.

Growing up, I always thought that you _____, but it turned out you were just really _____.

I'm proud of the way you _____ . I'm grateful the way you _____.

I'm looking forward to more _____, and _____.

Thank you, I love you.

[you]

six: write a letter to someone no longer in your life

This letter may bring up some old, and painful feelings, but it will help you *feel*, and you can't feel the joy if you stifle the sadness.

Is there someone you didn't say I love you to enough? And you wish you did?

Do you want to share some news about your life with someone who's no longer here?

Someone who has passed away, moved away, or you've lost touch with.

Since the person you're writing to is no longer around, this person may never actually read the letter you're going to write.

This might help you to open up even more than you normally would. If this person is still on the planet, in the flesh, trust they'll receive the warm vibes you'll send while you write this love letter. Send it if you like, stow it away if you'd prefer not to. Remember – no rules?

It may make them think of you. You might pop into their mind. Maybe they'll show up in your world in a few days, or months. Trust the law of attraction and write whatever you want to say.

Let's start...

Dear [name],

Since you've been gone I've been feeling _____ . When we _____ , I enjoyed _____ , _____ , and _____ .

I think about you whenever I _____ . Especially lately, because _____ .

What I loved most about you is your _____ , your _____ and the way you _____ .

Years ago, I used to think _____ . Now I understand why _____ . I get it now.

Thank you for teaching / showing me how to _____ .

When we meet again someday, I hope we get to [drink wine and scare the living crap out of the living], maybe we'll [go fishing / take a walk / play go-fish]. It'll be the best _____ I ever _____ .

I miss you. I love you. I know you're with me.

Love,

[you]

seven: write a letter to your future self

Welcome to your seventh letter, and the last prompt in this pretty little package.

You're going to write a letter to your future self. I like thinking 15 years in the future. You could do more or less, again – we're more about love and less about rules. Unless of course you're 95, maybe write it for next year 😊

I did this exercise last year. When I figured out that I'd be almost 50, I may have had a panic attack.

It started with an afternoon of writing in my backyard on my laptop with a glass of pink champagne. It ended with a barely readable paragraph, tears, and me whipping out my credit card to sign up for [this](#).

And I'm SO glad I said yes. It kicked off a wild writing ride and I published my [first book](#)! It's a book about doing what it takes to do the work you love, when you're a wife and mom, without pissing off the people you love.

My letter to myself 15 years in the future told me I was glad I bought that ticket, and finally wrote the damn book. I also told myself I was glad I wrote a few more (working on them!), and finally decided to live the life I'd been dreaming about (still working on that too). I told myself, you're almost 50 for fuck's sake, get your shit together, take action and make it happen already.

Cheers to the future...

Dear [you],

I'm writing this love letter to you from 15 years ago. You're [age] now. I hope you _____, _____, and _____. I also hope you found the time to _____.

Now, I hope you finally learned to love your _____, and made peace with _____.

You're now living the life you've always dreamed of. The first thing you do when you wake up in the morning is _____. You spend most of your day's _____. You love your life.

Did you finally _____? I'm so glad you did.

*Love,
[you, date]*

If you write this letter on paper, seal it, then write, “Open in 2031” and put it somewhere where only you’ll find it. You can also use futureme.org to send your letter by email...hopefully the website is around for another 15 years (it’s free with donations optional).

...

And....that’s a wrap.

CONGRATULATIONS!

You are someone who writes letters.

Thank you for cracking open your heart to write seven beautiful letters.

If you missed a letter, go back and do it. If you found you were resisting one, that might be the one you need to write the most.

Don’t stop. Keep it going. Write a letter a week to someone, anyone. Your boss, the housekeeper, your neighbor, your dentist.

It’ll surprise people.

Love,

Jacq

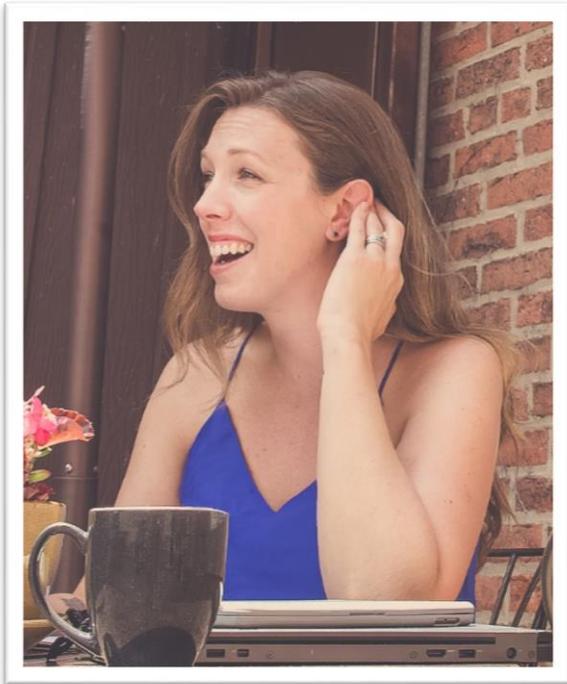
PS – I also do these letter writing series in person. Think twinkle lights, cardstock so stiff you could eat off of it, glitter pens, friends, laughter, and pink champagne. If this feels like an, *OMG YES!* [Email me](#) with, “*Yes, please let me know when the next one is!*”

PPS – Want to write love letters to people who really need it? [Check this out.](#)

two questions for you

1. Did you enjoy this? Please forward this to someone you’d think would enjoy it too.
2. What’s it like to be you? Do you feel different from before we started? How? [Email me](#) your insights – I’d love to hear them.

About the writer



hi! I'm Jacqueline Fisch

The freak who wants you to use a pen + paper.

I'm the author of the book, [Unfussy Mom: simplifying your life, staying \[mostly\] sane, and working like a boss.](#)

As a communications expert + author, I write, ghostwrite and edit web copy, about pages, blog posts, proposals, and resumes – but I'm partial to [sticky notes.](#)

I currently live outside of Chicago in a home I affectionately refer to as the "farm" – because my husband does things like come home from Starbucks with half a dozen chickens. Toronto is my native land, and my kids are why I'm here writing to you today. They're 4 and 7 and have taught me way more than I've taught them. But don't tell this to them.

Learn more about my obsessions and upcoming events at www.JacquelineFisch.com.

Outro

Let's close this out with an unfussy manifesto – the *Jacqifesto*

I believe...

In spending more time with people than with screens

Working moms should never feel guilt

Most people are trying

Overtipping is a nice surprise

In short emails & handwritten letters

In writing the first thing that comes to mind

In changing my mind

Red wine is my religion

Purse chocolate is a thing, so is eating it before dinner

In never saying you're busy – we all are, and no one really cares

Kids have more to teach us than we have to teach them

A well-placed F- bomb goes a long way

*Eat whatever the F*ck you want – no apologies*

Dogs have human souls

Spelling matters

When writing, being brief and human are highly seductive

In white space