

Template for Letter to Spouse/Partner

In writing your spouse/partner a Legacy Letter, think about what you want to share. You may wish to include areas of gratitude, memories of important times, encouragement to your spouse/partner that they will be able to go forward even when you are not present. If you have unresolved issues, or areas of forgiveness that you wish to share, this may be a way of reassurance.

Legacy Letters to your spouse/partner are meant to help encourage, bless, and it does not need to be complicated or complex. It is a gift of yourself. Here is a possible model:

Dear _____,

This is a hard, but really important letter for me to write to you. There are so many things we have shared, and I just feel the need to try to put some things in writing to let you know how very important you are to me. I have such gratitude for our life together.

You may wish here to talk a little about how you met. Perhaps something about how you chose to be with each other.

Speak about the challenges the two of you have faced, and what you learned.

Consider what specifically has meant most to you in your marriage and what you want to pass forward to your spouse. This could include even a simple listing of memories. Perhaps you could start it by saying something like:

_____, we have a whole lifetime of memories. Even though I wish we could have many more ahead of us, the memories we have just flood me with such great energy. We have lived life pretty fully. Here are some of the memories that I really have loved...and smile as I share them:

You can share specific memories, if you want simply list them, or make brief comments. The named memories will trigger experiences and emotions.

Lastly, share how important your spouse/partner has been in your life, and what future wishes you have for him/her. You may share understanding that there will be many days of challenges as they adjust to your not being present. That is real. Yet, you can also share hope that the spouse/partner will continue to live a full life, that they take good care of themselves.

Close your letter with sharing your love and gratitude. Here is an example:

And so, I come to the end of this letter as I began. There are not enough words to tell you how much I love you and how grateful I am for our life together. I am grateful for how we have lived. I am grateful for what we have shared, the good and the rough times. I am grateful for you.

_____, just keep going forward. It is what you would want for me. It is so very much what I want that for you.

I love you.