

Here is a template of a possible way you might write a letter to your child/children. We included a few examples, but write whatever you want! It is good to include some humor, things that make it very you.

Dear _____,

As I realize that I will have a shorter life with you than I wish I could, I have been thinking about some of the things that are important to me. At the top of the list is you, names of siblings, and name of your spouse. In this letter, I just want to share some of the things that I am so grateful for.

It may be helpful to talk about a few things you are thankful for. For example:

- Your marriage:
Talk about your spouse and what you are thankful for about him/her.
- Your family
- Your faith
- Your work, interests, *Just think about what are some of the things you are grateful for (ha, even a baseball team or fun activity).*

Next, include a few transition sentences to simply list special memories of times with the child you are writing.

You are a wonderful person. I cannot imagine how different my life would have been were you not a part of it. I simply treasure you and the abundant ways you have brought joy to me. We have had so many good memories and experiences together. I am just going to list some that come to my mind. I am pretty sure you will remember them:

Now, list memories...you can write a little about them if you want to let the person know what was special to you about the memories. You can also categorize them. For example:

- Childhood memories
- Growing up memories
- Family memories
- Sports memories or music memories (something that the child was involved in)
- School memories
- Other special memories

You may want to end the letter by simply telling what you hope you have given to this person, and what you specifically love about the person you are writing. If you need to ask forgiveness for anything, do so. If you need to reassure the person about anything, do so.

End your letter in a positive way. For example:

_____, above all, I just want to thank you for your love. Thank you for the countless memories. I am so grateful for life with you, your sibling(s), and your mom/dad. Now, keep the experiences going! Grab the joy of life. It is so important. I am a grateful man/woman.

I love you, Dad/Mom