

Letter To Heaven Template

Dear [Name],

I've been thinking about you again — more than usual.

There are moments when the world goes quiet, and your memory fills every corner of that silence.

Today, I needed to talk to you.

I needed to say the things that sit heavy on my heart.

Here's what I want you to know today:

[Write what hurts. Write what you miss. Write what you wish you could tell them.]

Here's what I'm struggling with:

[Be honest. There is no wrong answer.]

Here's one memory I keep coming back to:

[Describe the moment, the feeling, the smell, the sound — anything.]

Here's what I wish you could tell me:

[What guidance or comfort do you wish you could hear from them?]

And even though you're not here the way you used to be,

I hope somehow you know this:

You are still loved.

You are still missed.

And I'm still carrying you with me.

With all my love,

[Your name]

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[Your name]