



# A Letter From Home

*A guided workbook for families*

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This workbook is your guide to capturing the life story of someone you love.

Fill it in together, or on your own from what you know. Answer as much or as little as you'd like. There are no wrong answers. Check the boxes that apply, write in the spaces provided, and share the memories that matter most to your family.

When you're finished, send this workbook back to us. We'll transform your answers into a beautiful, one-of-a-kind Letter of Life — a personal letter written in your loved one's voice, as if they sat down and wrote it themselves.

## **LETTER** *of* **LIFE**

*Every person has a story worth preserving.*

### About Your Loved One

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*Please fill in as much as you can. Leave anything blank that you're unsure about.*

**Full Name:**

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**Preferred Name:**

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**Date of Birth:**

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**Place of Birth:**

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**Current Residence:**

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**Relationship to you:**

- Parent
  - Grandparent
  - Spouse / Partner
  - Aunt / Uncle
  - Sibling
  - Family friend
  - Other:
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## About You (the person filling this out)

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**Your Name:**

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**Your Relationship:**

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**Your Email:**

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**Your Phone:**

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## Part 1: Early Life & Childhood

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*Tell us about where they came from. Write as much or as little as you'd like in each space.*

**Where did they grow up?**

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**What was their childhood like?**

- Grew up on a farm or in the country

- Grew up in a small town
- Grew up in a city
- Grew up in a close-knit family
- Had a large family (many siblings)
- Had a small or only-child household
- Family struggled financially
- Family was comfortable
- Had a religious or faith-centered upbringing

**What do you know about their parents? (names, occupations, personalities, anything you remember them saying about their mom or dad)**

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**Did they have siblings? Who were they close to growing up?**

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**What are the earliest stories they've told you about their childhood? (favorite memories, games they played, trouble they got into, things they loved)**

## Part 2: School & Early Adulthood

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Some people talk about school a lot, others don't. Fill in what you know.

**Where did they go to school? Did they enjoy it? Were they a good student?**

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**Did they pursue education after high school?**

- College or university
  - Trade school or vocational training
  - Military service
  - Went straight to work
  - Not sure
  - Other:
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**What did they study, or what did they do right after school?**

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**Is there a teacher, mentor, or experience from their school years that shaped who they became?**

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## Part 3: Career & Working Life

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**What kind of work did they do? List any jobs or careers you know about.**

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**Which job or role were they most proud of? Why?**

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**How would you describe their work ethic?**

- Hardest worker in the room
- Steady and reliable
- Creative and unconventional
- Loved what they did
- Worked to provide, not for passion
- Built something of their own (business, practice, farm, etc.)

**Is there a story about their work life that stands out to you? Something they always talked about, or something you witnessed?**

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## **Part 4: Love, Marriage & Family**

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**How did they meet their spouse or partner? (If applicable)**

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**Spouse/Partner's  
Name:**

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**Year Married:**

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**What was their marriage or partnership like? What do you remember about them together?**

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**Please list their children's names (and anything notable about each):**

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**Please list their grandchildren's names (if applicable):**

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**What kind of parent were they? What do you most remember about how they raised their family?**

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## **Part 5: Who They Are**

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*This section helps us capture their voice and personality. Check all that apply and add your own.*

**How would you describe their personality?**

- Quiet and thoughtful
  - Warm and outgoing
  - Funny / always cracking jokes
  - Stubborn in the best way
  - Gentle and patient
  - Tough and no-nonsense
  - Generous to a fault
  - Private and reserved
  - The rock of the family
  - The life of the party
  - Other:
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**What are they known for? What's the first thing people say about them?**

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**What did they love? (hobbies, passions, interests, things that lit them up)**

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**Was there a phrase or saying they always repeated? Something that was just so "them"?**

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**What's the funniest story you know about them?**

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## **Part 6: Challenges & Resilience**

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*You don't need to share anything painful. But hardship is often where the most important parts of a person's story live. Share only what feels right.*

**What is the hardest thing they've been through?**

**How did they handle it? What got them through?**

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**Did they ever talk about regrets, or things they wished they'd done differently?**

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**Is there something they overcame that you think people should know about?**

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## **Part 7: Wisdom & Legacy**

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*This is the heart of the letter. What do they want to be remembered for? What do they want to say?*

**What is the best advice they ever gave you?**

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**What do you think they would want to say to their children, if they sat down and wrote a letter?**

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**What would they want to say to their grandchildren?**

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**If they could be remembered for one thing, what do you think it would be?**

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**What values did they live by?**

- Family above everything
  - Hard work and discipline
  - Faith and spirituality
  - Kindness and generosity
  - Education and curiosity
  - Independence and self-reliance
  - Loyalty
  - Humor and not taking life too seriously
  - Other:
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## **Part 8: In Their Own Words**

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*If your loved one is able to participate, ask them these questions directly. Write down what they say, as close to their exact words as possible. If they can't participate, answer from what you know of them.*

**"What has been the best part of your life?"**

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**"What do you want your family to know?"**

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**"What are you most proud of?"**

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**"Is there anything you've never said that you want to say now?"**

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**"What does a good life look like to you?"**

## Part 9: Anything Else

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**Is there anything else you want us to know about this person? Any stories, details, or memories that didn't fit in the sections above? Write as much as you'd like.**

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## Privacy & Delivery Preferences

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*Please let us know how you'd like the finished Letter of Life handled.*

### **How should we deliver the finished Letter of Life?**

- Email a digital copy (PDF)
- Mail a printed copy
- Both email and mail

### **May we publish this story on our public digital archive?**

- Yes, you may publish the full story with their name
- Yes, but use first name only
- No, please keep this completely private (family only)

### **Mailing Address:**

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## **Thank you.**

*The story you've shared here matters more than you know.*

Send your completed workbook to:

**letteroflifeorganization@gmail.com**

*We'll be in touch within one week to let you know we received it.*

**LETTER of LIFE**

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