

I Love Love Letters

do you?



A letter writing series, by Jacqueline Fisch

What is this?

Do you remember pen pals? I sure do.

The thrill of watching the mail man person walk up your driveway and leave a bundle of posted mail in your mailbox.

Then you'd nonchalantly walk outside, barefoot, to the mailbox to see what goodies the postman left, like, *oh, how funny, I was just walking outside, and look – mail!*

You spot an envelope that's different from the rest. It's not a bill, it's not a credit card offer, and it's not one of those printed to *look* like handwriting that almost gets me every time.

Your name is scribbled with a pen. So very different from the bills and junk mail.

You sprint to your room, shut the door, slide onto the floor and stare at the envelope. With your name written on the front.

An invitation. Not to an event of sorts, but an invitation for you that says, *open me. I have something inside just for you. Only you.*

You tear open the letter and....

...

This is where you get to finish the story.

Love Letters.

Seven of them.

One a day, or one a week, one a month, or all seven in a day.

Will you make the time for love?

Let's begin.

Intro

You just said YES to letters, to love, and to you – yay you!

I was going to start this section by thanking you for signing up. I have a feeling though, you're going to get some mighty fine **thank YOU**s from your letter recipients.

This makes me smile.

Even if you aren't draped in appreciation, and even if you don't get a response, you should still be proud. You're going to do something scary. You're putting yourself out there, to tell someone something.

Sharing love.

You might be asking if you *have* to use a pen and paper because your writing looks like *chicken scratch* (I googled *chicken scratch* out of curiosity and found images of needlework and chicken feed).

Write with whatever tool you feel moved to use. I'll provide some suggestions. Shaving cream on the mirror anyone?

I'd like you consider writing with your hand and paper though – doing this forces your brain that likes to be so cool with its super-fast thinking to slow down.

Slow down.

There's no hurry.

You can stick to efficient emails and text messages if you like. Use what feels best. Throw out the rules. Even if I made them. It's okay, you have permission.

If you're excited to let pen glide across paper, and want to put your sparkly gel pen collection to use, I invite you to check your stationary supplies and stock up on stamps.

Did you know you can [order stamps online](#) in the US? *Amazing!*

Clearance sales are a great place to find blank note cards and other craft supplies that make letter writing feel like a luxury, like stamps, glittery gel pens and stickers.

In the end – don't sweat it too much, the message counts more than the medium.

Go wild, or stick with vanilla (*mmm vanilla scented envelopes?*). Do what feels good.

Here's what you'll find in here:

Write a thank you note.

Compliment someone.

Write a love letter to yourself.

Write a love letter to someone special.

Write a love letter to a family member or friend.

Write a love letter to someone no longer in your life.

Write a love letter to your future self.

Feel like skipping a letter, write something else. Have a better idea? Go for it!

All I ask is that you do it with love and put good juju into it.

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

Ready?

Here we go!

One.

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 7 letters you're about to write.

Ready?

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.

You can write a thank you note on pre-printed thank you note card stock, a blank card, even on a sticky note. You can get wildly creative and spell it out in the sand, or rent an airplane that will spell it out in the clouds.

Send your thank you letter via snail mail, or if email or text feels right – do that.

Send one. Send 10. Remember – no rules.

Maybe you want to thank your neighbor for feeding your cat, thank your kid for picking up his Legos [finally!]. Maybe you're ready to pour on the gratitude for someone who helped you get back on your feet after you lost your job, your dog, or your mom.

If the act of kindness happened 5 minutes ago, or 50 years ago – it's never too soon, or too late to say thank you.

Here's something to get you started:

*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

Want more inspiration? Read these [thank you notes, tips and quotes – some are quite fun.](#)

Two

Hey beautiful...

“You’re glowing!”

“You’re beautiful.”

“I love your paintings.”

“That color is perfect on you.”

“Those shoes say, ‘I am bad ASS’”.

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

Awesome, right?

Notice the bounce in your step, and the pep in your energy after reading those nice words. Now, imagine what they’ll do for someone you care about?

Today, you’re going to give someone a compliment. Compliments are even better in writing, because you can print them out, stick them to your bathroom mirror and save them forever and ever.

Make the compliments you get live forever. Read them when you’re feeling shitty, or when you feel like you just can’t do anything right.

I created a notebook in [Evernote](#) last year (it’s free). Every compliment I received that I want to hold onto, I type it in, or save a complimentary email in this online notebook.

You can also create a folder in your email to store all these compliment bombs.

When I write something for work that totally bombs, or I’m lacking the motivation to write, I scroll through the compliments.

Ahh...

All better.

...

Today, you’re going to make someone’s day.

Want more compliments? *Give* more compliments.

Here's some ideas to get you buzzing with admiration.

Hi [name],

The way you [rocked that presentation / dealt with that difficult client/customer / spoke to our son] was totally amazing. You are such a natural at [amazing thing they do]. I aspire to be [as good as / half as good as] you.

You're a true inspiration. Please keep doing what you're doing.

*Love / Cheers / Rock on,
[you]*

Here's a quickie format for email, text or sticky notes [bonus if you do both]:

[Name], you look radiant / gorgeous / glowing / beautiful / elegant today. I'm so glad I get to be in your life.

Homework [the fun kind]. Start 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.

Start banking your compliments for a rainy day.

Three.

Self-love.

I know. Self-love is *haard*.

Hard like when you start popping Ruffles (or is it Pringles?), 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 awesome year, tremendous years, and an AMAZING life!

Over the summer I heard from a few friends saying they're having a "**summer of me**" or a "**week of me**". What a wonderful idea! Dedicate this letter-writing book 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 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 *child*?

No, right? (I hope) - Then it's time to stop saying this stuff to yourself. Easier said than done, I know.

Next, 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.

This is going to feel weird. This is for you. No one needs to read it.

Here's some inspiration to get your self-love juices flowing.

Hi [gorgeous / beautiful / your name],

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

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

Starting right now, I'm going to be less hard on myself. When that voice pops up that wants to put me down I'm going to notice. I'll ask why I'm talking to myself this way. Then I'll ask if I'd talk that way to a child.

Then I'll flip the script, in a good and loving way. I promise to be gentle with myself.

It sounds a little silly to say it, but 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 life your best shot. You're doing great.

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

*I love you.
[you] xoxo*

Decorate your letter with hearts, stickers, or scribble in the margins – 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 [Boomerang for Gmail](#), or this [fun website](#). Schedule it for next week, next year, or next decade.

Want more self-love?

Want another way to remind yourself how much you rock? Every time you order something online and have the option to include a **free gift message**. CLICK YES!!!

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 makes you smile - promise.

Next up, you're going to write a letter to someone special. Goosebumps!

Four.

Love letters have a special place in my heart because Ry and I dated long distance before we got married. 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.](#)

Now, you're going to write a letter to someone special to you. Maybe this is your husband or wife, your boyfriend, girlfriend, or partner. Maybe it's someone special who hasn't entered your life yet. Here's your chance to reel 'em in.

Maybe you write a platonic letter to a special friend, teacher, coworker, or someone you think is just plain amazing who may or may not 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, shall we?

*Hi [name / lover / nickname],
I hope you're having an amazing day. I was just thinking about the time
when _____.
I love when you _____. Especially when you*

*_____.
When we're in each other's arms it smells like _____. You make
my life better every day, because _____,
_____, and _____.
You make me a better person because _____.
I also love you because...*

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

*When I'm not around you, I feel _____.
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 laptop bag. Seal it with a kiss. Dab it with some lavender essential oil. Spray it with some perfume. Add a favorite poem, or maybe a new one. Spontaneity is sexy. So is being brave.

Inhale. Exhale. Send it out.

You are SO making someone's day. Smile.

Five

I want to tell you a story...

Last year, my mom and her husband came to babysit the kids while Ry and I took a *much needed* kid-free vacation to Vegas.

I totally appreciate when they do this for us. Sometimes I get frustrated and feel guilt that I can't spend as much time with them when they're here before we leave for vacation, but I do what I can.

We returned home from Vegas after four blissful days filled with poolside margaritas to some well-fed and tuckered out kids.

The next day, when my mom left to say goodbye for her own trek home, we all hugged at the door, and she walked off to the car.

I padded away to the basement to do some laundry, tidy up, and general putzing around the house.

Five minutes later I hear a knock at the door. That's weird, who's here at like 9am on Wednesday? I thought. Other, than of course a serial killer.

I unlocked the door, and my mom was crying. She urgently hugged me and said, "I love you. You know that, right?"

I let out one of those cry / laugh things that you couldn't hold back even if you tried. *And, why hold back, right?*

"Yes, I know that. I love you too."

My mom said her husband turned the car around and made her come inside to come and tell me this.

The Lesson – it's easy to go through life assuming everyone knows how you feel. Did I know my mom loved me? Yes, of course. She shows it in her actions. We don't say out loud a lot.

I say "I love you" when I mean it, and somehow became very conscious not to overuse it. Throwing out "I love you" 10 times a day dilutes the message, the feeling. Kinda like when you drop too many F-bombs.

Treat "I love you" like a condiment and it'll have a bigger impact.

Your turn: Lets write a platonic love letter to a friend or family member.

We usually take our family for granted. This is no longer true.

Today, right now – you have the chance to tell a different story.

Today, you're not going to leave things unspoken.

Cheers, to speaking.

When it comes to friends and family, share a story, something to make it personal. Here's a mini-template 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 _____, and that
_____ and _____.*

*Growing up, I always thought that you _____, but it turned out you
were 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

This letter might not feel all rosy as the others, but it will help you *feel*.

Is there someone you wish you told them how much you loved them? If the answer is no, write another love letter to yourself, a friend or a family member who is still here.

Since the person you're going to write to is no longer around, whether they've passed away, moved away or you've just lost touch. Chances are, this person will never physically read the letter you're going to write today.

This might help you to open up even more than you normally would. If this person is still on this planet, in the flesh, trust they'll receive the warm vibes you'll send while you write this love letter. It may make them think of you. You might pop into their mind. Maybe they'll pop up in your world in a few days or months, you never know.

Trust the law of attraction and write what you want to say.

Here's something to get your pen warm.

*Dear [name],
Since you've been gone I feel _____ . When you were here, I enjoyed
_____, _____, and _____ .
I think about you whenever I _____ .
What I love about you is your _____, your
_____ and the way you _____ .
Years ago, I used to think _____ . Now I understand why [you
did this / acted like this]. 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]*

Keep this letter in a safe place. Put it behind a photo of them you have in your home. Burn it ceremoniously.

And then, go enjoy the people you love who are in your life right now.

Seven.

I'm so proud of you! You did it! Your seventh letter!

Next, you're going to write a letter to yourself in the future.

I did this exercise at the suggestion of a career coach. It started about a month ago with a summer afternoon writing on my back porch with a laptop and a glass of pink champagne.

It ended with a barely readable passage, tears, and me whipping out my credit card to sign up for [this](#) when I asked myself, "**will I regret *not* doing this when I'm 50?**"

You guessed it, the answer, was yes.

And then, I made [this](#). Worth it 1,000 times over.

The workshop was a day filled with nourishing food and wonderful people with a goal just like mine - write a book. Or, write lots of books.

The day was relaxing, fun and inspiring. The day after the ~~work~~ write shop, I worked on my tiny book for the four-hour flight from Portland, Oregon to Chicago, strapped into my seat, 500 miles per hour, hurling through the sky in an aluminum tube, and writing as if I was under a serious deadline.

Now, you're going to write your letter to your future self. Use 15 years if that feels like a good number.

Even if you're already 101 years old.

Here we go...

*Dear [you],
I'm writing this love letter to you from 15 years ago. You're [future age] now. I hope you _____, _____, and _____.*

I also hope you found the time to _____.

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

Today, _____, _____, _____ and so many more people love you. I hope you love _____, _____, and _____ even more than you do today.

Your kids are now _____ and _____. You must be so proud.

What do they love these days?

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 2030" 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.

End.

And...that's a wrap.

Thank you for reading this little guide, cracking open your heart a teeny bit, or a whole lot, to write seven beautiful letters.

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

Love,

Jacq

Encore.

For more letters

I had so much fun writing this. I'm going to do it in person [think twinkle lights, pretty stationary, glitter, friends, giggles, and pink champagne].

If you're in the Chicago area, [click here](#), and you'll be the first to know when I host this, or when I host a series like this over email. One email, one letter, one day at a time.

From the mouth of babes

Want to read some kid wisdom on love? Read [this](#) for giggles.

Write for people who need you

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



Who wrote this thing anyway?

Hi! I'm Jacqueline Fisch...

But you can call me Jacq (sounds like "Jack", but spelled way cooler, almost French-like).

I'm an aspiring minimalist, especially when it comes to work and life.

I help busy working moms unfuss their lives and daily routines. I even wrote a little book on the topic - [get it here.](#)

I've worked in management consulting and communications for more than a decade. I write

everything from speeches for CEOs, to proposals winning billions of dollars, to articles on cooking and meditation. And of course, love notes. Lots of love notes.

What does that mean? I speak all sorts of languages, namely the one you really want to learn - simplify.

When I'm not whittling down run-on paragraphs by day, find me devouring books about selling all my crap and vagabonding, and cuddling up with cabernet and chocolate. And maybe a book, a furry creature, or my husband. Not necessarily in that order.

I'm a Canadian-born dreamer currently live outside of Chicago, where I see deer and cardinals daily and try not to say, "EH". Find me there with my husband, two kids, a dog and a half, a cat (and I hate cats), no house plants, and most of my sanity.