

# 6 STEP LOVE LETTER TEMPLATE

This is an exercise that will take you through a simple formula for writing a love letter. This can be used to write a love letter to a son, daughter, father, mother, brother, sister, boss, co-- worker, best friend, significant other, mentor, or grandparent.

## 6 Step Love Letter Template:

1. Start with why you decided to write this today.
2. List 1 quality that others might not see about this person and why it's important to you. Romantic letters between spouses can include physical qualities, especially from a husband to his wife. Or you can mention an important character trait.
3. List 1 thing you know is important to this person or that they are working. List a specific example and why you admire or love it.
4. Recall a time in the past where you can reference the qualities you mentioned in #2 or #3.
5. Reference something about the future (together) that has you encouraged or excited to share with them.
6. Mention one very tiny, perhaps over looked action or behavior that makes you smile and how it makes you feel.

Here are some examples...

## Chalene's love letter to her son Brock:

1. Yesterday when you shared with me how you suggested your friend buy his girlfriend flowers and go watch her dance competition, it made me proud.
2. Your genuine kindness and positivity toward others inspires me to be more thoughtful. I'm always touched by how sincerely you are interested in others, like when you come home from school and you always ask Dad and I how our day was... and you listen.
3. I love how important your family and your faith are to you. As busy as you are with sports, and friends and school, you prioritize your time so you can spend as much time with us as possible.
4. remember your freshman year when your friends were going to parties and spending time wondering around The Spectrum trying to be cool, you just spent time with your family or doing crazy, funny, creative videos with your sister.
5. Seeing how you treat your girlfriend, your sister, your friends and our extended family makes me so proud and it gives me confidence to know YOU know how to treat people and how you deserve to be treated. That gives me peace.
6. I think you know this, but it doesn't hurt to see it in writing from your super crazy smart mom... but kid... you touch people in a way that shows you care about them, and you live in a way that shows Brock Johnson is living with God's purpose. I can't wait to watch you become the man you're destined to be.

## Chalene's love letter to her Mom and Dad:

1. A guest of my podcast asked me how I chose mentors in my life and guess whose cute little face came to mind? Yup! That's right... you two crazy kids!
2. While I suppose many people would think I'm most proud of the entrepreneurial skills or the fearlessness you instilled in me, the truth is it is your love for each other and for your family that I am most proud to have learned from you both.
3. While I know sometimes it seems like we're all very self-- sufficient and busy, there is nothing like the comfort of just having you two there, supporting our kids, spending time with me and just making me laugh!!
4. Dad, when you dropped everything the other day to be my handyman and then I bribed you with a turkey sandwich to do 6 more things, the truth is I was just looking for an excuse to have you tell me more crazy Monkey lady stories! And Mom I love that people can't believe your age and that you're so determined to get all your girlfriends to be active and healthy. You are such a role model.
5. I'm really looking forward to having you both in Maui with us!
6. It might sometimes seem to go unnoticed but I just want to thank you for how special you make my children feel. You've always tried to get to every one of the kid's games, no matter the sport, no matter the drive, no matter the crowd, whether they were starting or sitting the bench and that to me is priceless.

\* For more examples of love letters, go to [ChaleneJohnson.com/loveletters](http://ChaleneJohnson.com/loveletters)