



11 PLATONIC LOVE-LETTERS

For Valentine's Day, or random acts of kindness

Is there someone in your life who would appreciate a thoughtful letter from you today? I call that a love letter, and Valentine's Day is as good an excuse as any for you to actually get motivated and spend five minutes writing that letter. I'll start you off. All you need to do is fill in the blanks:

1. Dear Mum, I love you because you do / say / make this thing, and it makes me feel...
2. Dear best friend, thank you for being there for me through thick and thin. Remember that time we...
3. Dear stranger, I'm sorry you are going through a tough time. I want to encourage you in this specific way... (go to moreloveletters.com to write this letter)
4. Dear postie, thank you for always delivering my letters, even when it's raining / snowing / a heatwave / the neighbour's dog is out. (Write this on a postcard and pop it in the nearest letter-box. You can be anonymous if you want to, or leave your name and house number. You could also write this note on the back of a letter you're sending to someone else)
5. Dear Grandpa, I really like doing that thing with you. I miss you, and I want to come visit you and do it this weekend / next month / on this specific date



6. Dear mentor, I want to thank you for the advice / guidance / help / support. It has enabled me to do that thing / mature that way / take that leap, and I will be forever grateful

7. Dear child, sometimes life gets busy and we forget to say the most important things. Here is a list of 10 things I love and admire about you...

8. Dear flatmate, thank you for the Friday-night-pasta-while-watching-The-West-Wing tradition / your great taste in music / letting us all use your couch / being thoughtful / being fun to live with

9. Dear asylum seeker, there are people who are thinking of you and fighting for your freedom. Please don't give up hope. You are loved. (Go to getup.org.au/campaigns/refugees/letters-to-asylum-seekers/letters-to-asylum-seekers for help writing this letter)

10. Dear brother or sister, I just wanted to take a moment to tell you I love you. Here is something I truly admire about you. Remember that hilarious time we...

11. Dear 13-old-me, here are some people in your life who love you, even though they don't seem to show it very well. Hang in there, in a few years, you will meet your best friend / mentor / lover. Also, you will figure out how to de-frizz your hair, and your pimples will clear up.