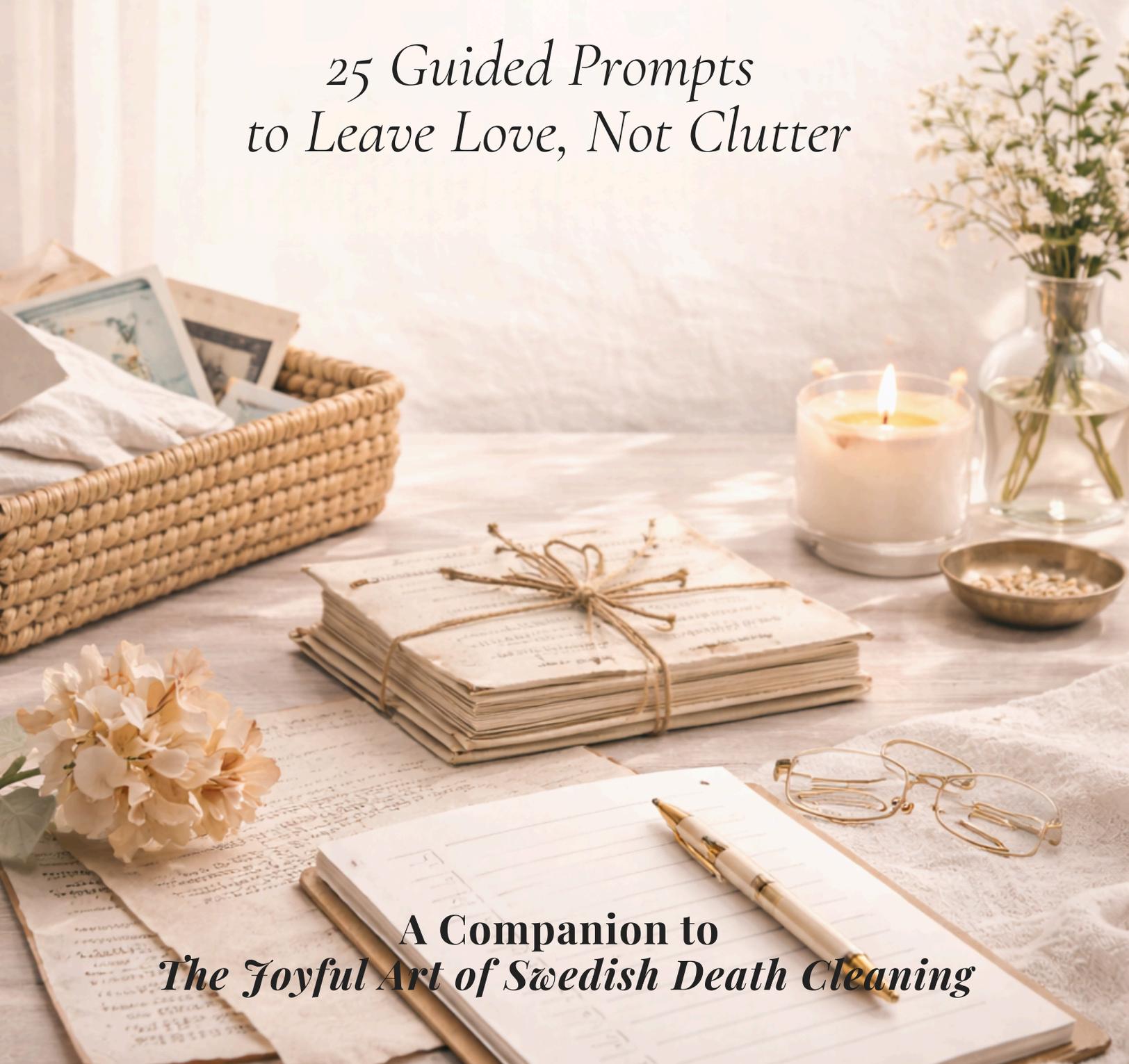


The Legacy Letters *Guide*

*25 Guided Prompts
to Leave Love, Not Clutter*



A Companion to
The Joyful Art of Swedish Death Cleaning

Welcome: A Gentle Beginning



There comes a moment in life when we begin to see our homes differently.

Not just as places filled with furniture and keepsakes, but as quiet containers of our stories. Every drawer, every box, every photograph carries a memory. And while objects may fade, the meaning behind them is what truly endures.

This companion was created to help you pass on what matters most.

Not more things. Not more storage.

Not more decisions for someone else to make.

But your voice. Your values. Your love.

You do not need perfect grammar.

You do not need polished sentences.

You do not need to write pages and pages.

You only need honesty.

A few heartfelt words written today can become a lifelong treasure tomorrow.

Think of these letters as a gift of clarity and connection. A way to say the things that sometimes go unsaid. A way to lighten your home while enriching your legacy.

Take your time.

There is no rush.

There is only meaning.

How to Use This Workbook



This workbook is not meant to be completed in one sitting.

You may write one letter this week and another several months from now. You may feel inspired to write three at once. Follow your own rhythm.

Each section contains gentle prompts to guide you.

They are not rules. They are invitations.

Let the questions spark your memory, then allow your words to unfold naturally.

You may choose to:

- Handwrite your letters on the pages provided
- Use these prompts as drafts and write on personal stationery
- Type your letters and print them
- Record audio versions to accompany them

There is no “right” way to do this.

Consider keeping your letters in a clearly labeled envelope or folder. You may wish to note where they are stored and let a trusted person know.

If emotions arise while writing, allow them. That simply means what you are doing matters.

This is not about preparing for an ending.

It is about honoring a life well lived.

And leaving love behind in its purest form.

Letters to My Children



Love is the only inheritance that grows.

Letters to My Grandchildren



*May you know where you came from and
walk confidently toward where you are going.*

Letters to My Partner



*Ordinary days often become
the most precious memories.*

Letters to Friends or Siblings



Friendship is chosen family.

If I Could Leave You One Thing



May these words guide you when I cannot.

Family Values



The Values That Guided My Life

A Story I Never Told



Some stories are meant to be preserved gently

Where These Letters Are Kept



This page offers peace of mind for everyone

These letters are stored at:

Important documents related to my wishes are located at:

The person who knows where to find these items is:

Additional notes:
