

Some things simply need
somewhere to be said.



THIS BOOK
BELONGS TO

NAME:

DATE STARTED:

SIGNATURE:

HOW TO USE YOUR NOTEBOOK

This is your space

What you write here is private unless you choose to share it. There's no right way to use this notebook, take what feels useful, skip what doesn't, and come back whenever you need.

Download and save your copy

Download your notebook and save it somewhere you'll easily find again. You might like to keep one blank copy and a second copy for writing in.

Write directly into it

Click or tap into the spaces and start typing. Write a little or a lot. Skip questions, return to them later, or leave them unanswered, it's completely up to you.

Save as you go

Remember to save your PDF regularly so you don't lose anything you've written.

Mac: Command + S
Windows: Ctrl + S

Come back anytime

This notebook doesn't need to be completed in one sitting. Reopen your saved copy whenever you want to keep writing, revisit an answer, or notice what's changed.

One important note

When saving your working copy, avoid using "Print to PDF." This can flatten the file and make your notebook no longer editable.

LETTERS I'LL NEVER SEND

TO:

DATE:

WHY I'M WRITING THIS TODAY:

START A NEW LETTER

VERY IMPORTANT NOTES



Sometimes writing is enough.

Sometimes it isn't.

If, after writing, you feel someone really should
hear your words.

Perhaps this is the letter you should send.

Perhaps it simply needs a little more time.

Only you will know.

*Because sometimes the hardest part isn't
knowing what you feel. It's finding the words,
try here.*

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