

The people who got you here

You will know the first one before you finish reading. The rest take a question or two. Write a name beside each. Not every line needs one, and some names will take a while to arrive. Print another sheet whenever you like; this one is meant to fill up.

The one who stayed

Who was there when it would have been easier to leave? Tell them what you would have lost.

NAME _____

The one who answered at night

Who picked up when it was late? Tell them what time it was.

NAME _____

The one who went first

Who took the path before you so you could see it was there? Tell them you followed.

NAME _____

The one who said the hard thing

Who told you what you did not want to hear? Tell them they were right.

NAME _____

The one who carried you

Who got you through the worst week? Write about the week, not the rescue.

NAME _____

The one in the family

Who in your family do you admire, or has it been too long? Ask after something of theirs.

NAME _____

The one who fed you

Who put a plate in front of you when you needed it? Name the meal. They will remember it.

NAME _____

The one who taught you

Whose way of doing something do you still use? Tell them the one thing.

NAME _____

The one who made room

Who let you stay, or made space at their table? Tell them how long you stayed.

NAME _____

The one who never knew

Who did something for you and has no idea what it meant? Tell them what they did.

NAME _____

The childhood friend

Who did you spend whole summers with and have not spoken to in years? Do not explain the silence. Just send it.

NAME _____

The one coming after

Who is younger and watching you? Tell them what you were given, and by whom.

NAME _____

Four lines is plenty

Say who they are to you, not what they did for you. People remember being seen for longer than they remember being helped. Pick one of these and stop.

Thank them

For one specific thing, with the date or the place if you can. Specific is what makes it land.

Tell them what you admire

One quality, and the moment you noticed it. They have probably never been told.

Ask after something of theirs

The garden, the boat, the grandchild, the thing they were worried about last time. It says you were listening.

Send news

Two lines of what has happened lately. Not the highlights reel. The real thing.

Invite them to write back

Or to a call, or a cup of tea. Name a week. An open invitation is easy to leave; a week is easy to say yes to.

Just send it

If it has been years, do not explain the silence. The card is the explanation.

Write their first name on the back in pencil before you start colouring. One word, and the card is theirs. Then colour it, write the four lines, stamp it, and post it the same day. Do not keep it to show people. It was never yours.

The record