

# The Tribute Letter Exercise

## What It Is

I recently started reading this book called [The Intentional Father](#), by Jon Tyson. The book inspired me to write a tribute letter to my dad. This is a note to honor your father by expressing gratitude and, if needed, forgiveness for specific moments in your relationships. Yesterday, he received it in the mail, and this morning, he sent a heartfelt response. It was a great use of time and energy.

## Why It Matters

Most fathers rarely hear honest, intentional words of gratitude. Writing this kind of letter forces you to reflect on your relationship, appreciate the good, and, if needed, release lingering resentment. It becomes a defining moment for both the father and the son.

## How to Write It

- **Be personal and specific.** Avoid vague praise. Use real memories, quotes, and lessons.
- **Name what he did well.** Focus on what shaped you for the better.
- **Be honest.** If there's pain, acknowledge it gently—but don't let it take center stage.
- **Aim to honor.** The goal isn't perfection. It's honoring the man and the impact he had.

## A Sample Opening

"I've been reading a book called *The Intentional Father*, and as a dad who only gets one shot at raising a son, I'm working to give John Ellis the best of what I have.

As part of that journey, I realized I haven't done a good job of telling you what I admire, what I've learned, and what I remember about our journey together."

## Key Takeaways

- This exercise isn't just for your dad—it's for *you*.
- You don't need the perfect words. You just need to be real.

- The act of writing is powerful, even if you never share the letter.
- If you do share it, do it with intention. Read it to him if you can.

## **Final Note**

If you take the time to write and share your tribute letter—whether it leads to tears, silence, or something unexpected, I'd love to hear about your experience. Sometimes, the act of writing it is just as important as the response.

You can reach me at [\*\*jeades@learnloft.com\*\*](mailto:jeades@learnloft.com). I read every message.

You never know how your words might be the very thing your dad needed to hear. Or how writing them might unlock something in you.

Use Your Gifts,

John Eades