In hoping your having peaceful, helaxing se, you Goodwill prefer ( point, Suppor H seen Words the version. same [Plant ] e guy! A scrapbook you al love gardener such a 'letters to strangers' , olm But a o hesume By sending eering your ( T Haag Houve oving on with li nics your friends. Bravo to you for your resourcefulness and perseverence.

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## **Introduction:**

I compiled this book to inspire others who are engaged in a similar endeavor of sending 'goodwill words' to folks who might need a bit of a lift during tough times.

Were all these examples successful? I wish I knew, but I [and my other 'pen-in-hand' cohorts] keep the faith that we have 'done good'.

Here's hoping this first collection of letters will inspire others to join the goodwill words movement.

Note: Two of my go-to websites that have inspired me are <u>moreloveletters.com</u> and <u>loveforourelders.org</u>.

How to use Goodwill Words--

— Remind yourself, "Hey, if this guy can write these, so can I!" ;->

— If there is any phrasing or topic idea that works for you, feel free to copy it.

— Use my writing strategies and examples are a starting point for your own.

— Share this with others who want to pass along a few words of encouragement.

— Find some enjoyment from the pages.

Thanks again for sending positive vibes into the world.

Thoughts while writing my letters:

-- I wish some of the requests added more specific information about the recipient. The more I know about the person, the easier it is to connect to something we have in common.

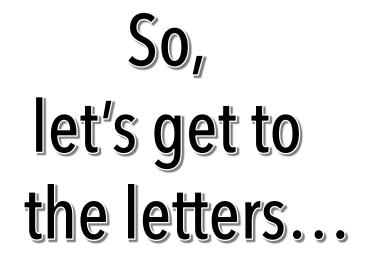
-- Some days, I just do not feel focused...not so much from the actual writing of the letters, but from a feeling that my words won't come out as sincere as I want them to be. So, I take the day off. No sense making my project feel like a chore and risk the words coming out lifeless.

-- There has to be faith involved in this process—faith that the letters will reach the person, that they will brighten recipients' days and remind them of their value to others.

-- I also want the process to feed a bit of my creative spirit—not just with my words, but with the final product I send. On those days when I want to incorporate graphics to help convey a personal message, I word process my thoughts. You will see plenty of those letters in this book. -- One challenge I face: what to say to someone who is described as 'suffering from dementia'. My less-thanscientifically based solution: Appeal to recipients' long-term memories. If my words don't apply, or if they turn out to be inadvertently inappropriate [i.e. they conjure up something painful, etc.], I'm hoping there is a 'gatekeeper', if you will, who might weed out my letter, or at least the parts that don't 'work'.

I found this DEEP [The UK Network of Dementia Voices] document to be helpful: <u>https://www.dementiavoices.org.uk/wp-</u> <u>content/uploads/2013/11/DEEP-Guide-Writing-dementia-</u> friendly-information.pdf

-- Finally, for this audience, I wonder if more legible wordprocessed letters aren't a preferable option to handwritten letters. In fact, as I write this, I'm tempted to experiment with sending both a handwritten letter and a digital version. Yes, more time-intensive, but worth considering.



I enjoyed reading about your very interesting life -- one of devotion to your church, one of notable artistry, considering your sewing and quilting skills, and one of laudable determination - judging by your extra efforts to continue reading. In sorry about your lass of beloved family members, but In encouraged that a special person like you has a team of supporters and "Lans" who visit you regularly, uncluding Buckley. Wishing you days of peace and comfort as you baver sweet remories and good company.

As you can see, my letters are not works of art. Aesthetics are nice, but finishing letters is the priority.

Here's urshing yo urs of Hand no help you relive Lavori Auster and tone acromatical man and tone mester and met accompliand unand the days of a compliant. The second met accompliant of the second o please tributed on a for and the former which you control to your world, as a I'm that the moon

I enjoyed reading about your special talents [I barely have the dexterity to say 'crochet', much less try it.], your love of dogs and cats [I'm definitely in that club.], and I too appreciate movies and TV shows that don't make me want to bleep out half of the dialogue. I'm wishing you a 2023 where your life is filled with your large, loving family [Bravo to your granddaughter who shared your story] and more of the things that make you happy.





These computer-generated letters actually take more time to compose than the handwritten ones, but they're more fun to make.

### Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit. ---Napoleon Hill

\_\_\_\_!

Apologies for not penning this letter, but trust me, this is not a copy-andpaste effort.

We fellow English teachers can spot those a mile away....

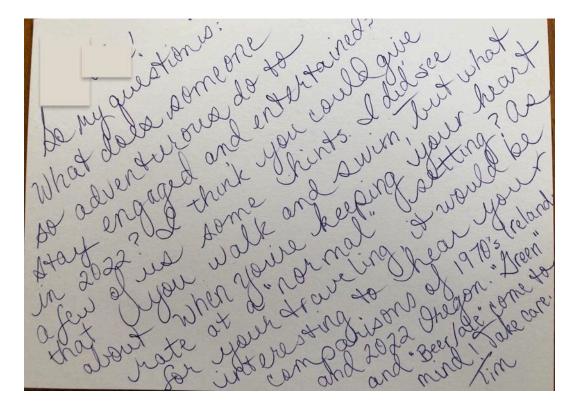
Anyway, sorry to hear about the challenges life is dealing you and so I am absolutely wishing for you a 'seed of equal or greater benefit' as you forge ahead with life.

Bravo to you for your reinvention efforts. I'm excited for your prospects once you nail down that master's degree. As a teacher of English [and this won't surprise you], I'm wondering if your first-drafting a recollection of your *favorite moments with* or *lessons learned from* your mom through the years might be even a little therapeutic. [My heart goes out to you after your phone visits with your mom—sounds gut-wrenching.] And here comes that yaddah-yaddah moment ;-] we teachers might expect: Writing often can lead us to unexpected discoveries about ourselves. Okay, okay, pep talk over...

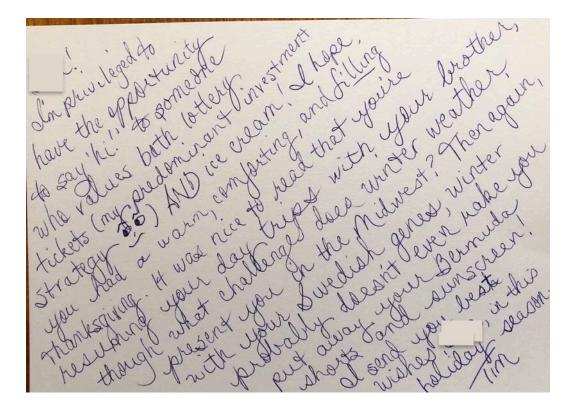
It does sound like you're lucky to have a husband who cares enough to share your story and ask for a little support from others.

Here's hoping I've provided a little of that support.

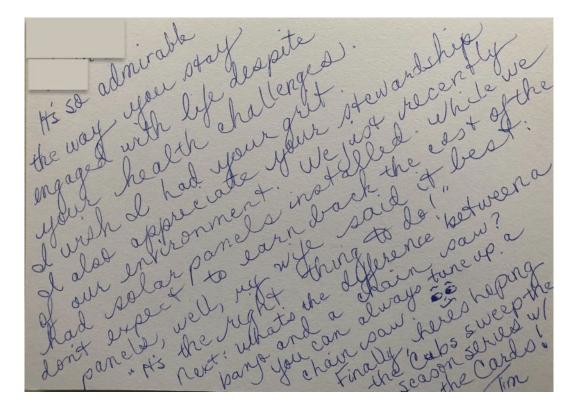
Best of luck—and an extra dose of courage—, \_\_\_\_, as you take on the challenges of these coming months.

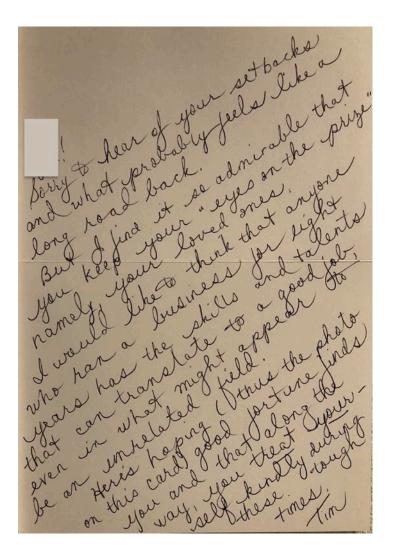


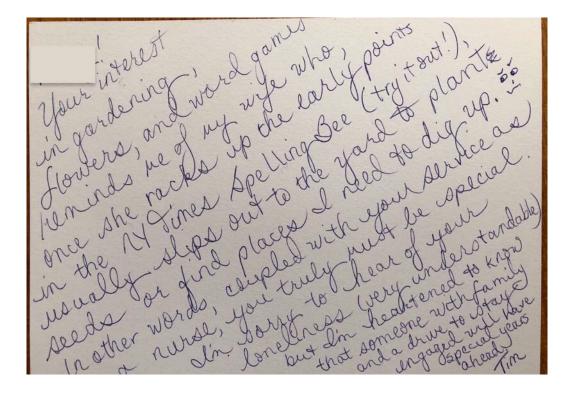
You've probably noted my attempts to cover up the recipient's name. Just my being paranoid about another's privacy.



What can I say? Some recipients' stories simply evoke more playfulness in my letters.









I read so many special things about you, but what stood out was your years as a teacher and your work with organizations to help kids. And so I wanted to share images of children to remind you of what you've accomplished in your life. Take care, Tim











#### \_\_\_\_\_i

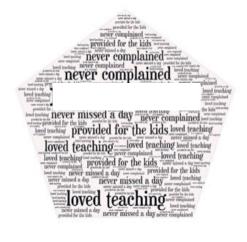
You sound like such an interesting person--starting with your cooking and baking skills.

Question: When your granddaughter mentions chocolate chip cookies as a favorite, are they your favorite treat to bake or to munch on while Vanna White turns the letters? Probably like you, I do miss Alex Trebek--one of many muchappreciated Canadian contributions to the U.S. So then, another question: Which 'new' Jeopardy host do you prefer? [This is NOT a test, by the way. Just curious.]

As for the squirrels in the park...absolutely! We love watching them in our backyard. But we DON'T love when they just sit there in the street in front of our car, no doubt chuckling at us as we sit there--engine running--completely at their mercy.

Finally...oooooh, Greek food. I'm jealous, as we don't really have a Greek restaurant nearby. If we did, I'd be ordering souvlaki every week. Take care, 1 !!





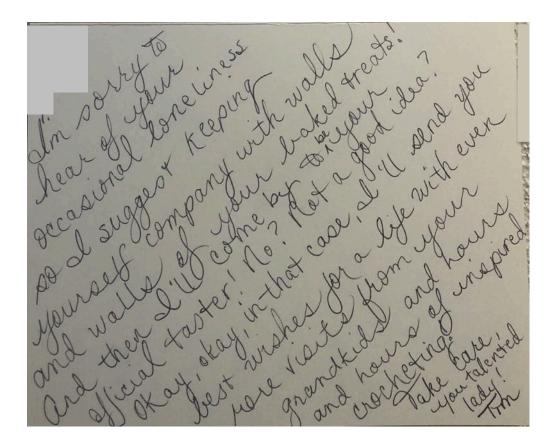
As a longtime teacher, there is nothing I enjoy more than reading about teacher heroes. Believe me, you belong in a hall of fame. I am so impressed with all you accomplished and would love to hear of the highlights of your career...the kids who imprinted themselves in your heart...the colleagues who raised you up during the tough times and who made you laugh during any overly lengthy staff meetings. (I exaggerate, of course, because I'm guessing every staff meeting was short, to-the-point, and left you feeling completely fulfilled.;->)

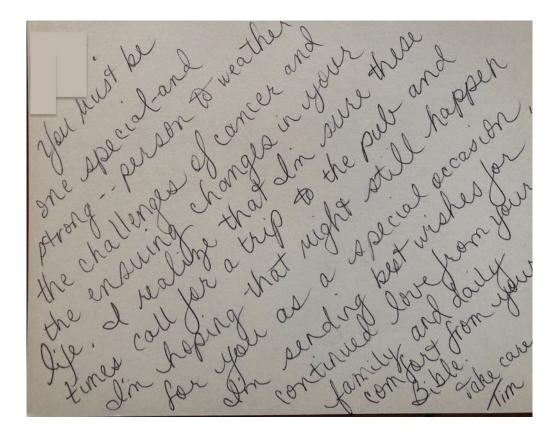
Seriously, though, bravo and kudos [see that? You earned both!] to you for all you did for kids, and thus, your community.

Wishing you years of comfort, health, and plenty of time to savor your years in the classroom. Oh, and by the way, you NEVER missed a day? You are totally an 'iron woman'.

Take care,

Tim





You are truly a devoted servant and family member! As a long-time teacher, I can appreciate all you did as a principal *even before* you moved to California.But now, raising two kids!--Including one who's grateful enough and found it important enough to share your story with us...I'm thinking your positive examples have rubbed off on her.

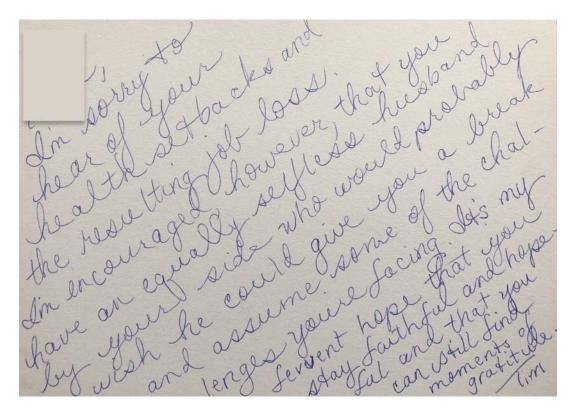
I'm glad you're in California where you are probably able to garden pretty much year-round. Are flowers your speciality? Vegetables? Both? Here's wishing you a nice and easy recovery from your surgery. In fact, I'm hoping you're too busy doing other fun stuff to read my letter till later! Take care.

Tim



I hope recovery is going well.





Another benefit of my 'goodwill words' project is the daily 'Hey, I don't have it so bad!' reminder.

Inside myself is a place where I live all alone. And that's where you renew your springs that never dry up. your mande have were in the prove of many out one in the prove of many out one in the more of the many out of the more of the due of the more of the more of the due of more of the more of the the due of more of the more of the the due of more of the more of the the due of more of the more of the the due of more of the more of the the due of the more of the more of the the due of the more of the more of the more of the the due of the more of the more of the more of the the due of the more of the the due of the more of the mor -- Pearl Buck Low the monsoon ed alog dering planting the monoway orking four the courses L.L and tells you le care burla Soth?

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I like the other folks writing to you hope [some are praying, most likely] that your struggles end in a resounding success story.

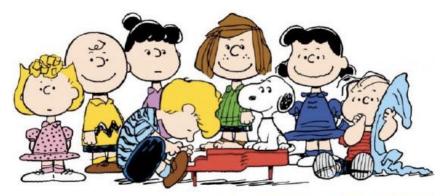
After all, the perseverance you've shown through these challenging times is what I think will again pull you through.

Easier said than done, I realize, as life has thrown its share of curveballs at you, but boy, have you ever shown the ability to create and capitalize on your own opportunities. And your dedication and devotion to your team at work is not to be ignored. Have faith that that kind of commitment will also pay off in terms of support from others.

Your strength and resourcefulness gives me hope that you will once again break through your self-doubt and forge another uplifting [and I pray, enduring] chapter in your life.

You deserve this, --! A quote to consider: Perseverance is failing 19 times and succeeding the 20th. -Julie Andrews

Take care, Tim Haag Love those quotes! When I'm at a loss for words, I borrow them from smarter folks.



First of all, I'm jealous of anyone who grew up in Santa Barbara.

I've added some images that tell me one thing: You and I have a lot in common!

I love dogs, California beaches (I grew up in Salinas), outdoor markets, and how can anyone NOT like the Peanuts gang? Take care, enjoy the photos.







I also like using word clouds. I generate these on <u>wordart.com</u>.

As a longtime teacher, there is nothing I enjoy more than reading about teacher heroes. Believe me, you belong in a hall of fame. I am so impressed with all you accomplished and would love to hear of the highlights of your career...the kids who imprinted themselves in your heart...the colleagues who raised you up during the tough times and who made you laugh during any overly lengthy staff meetings. (I exaggerate, of course, because I'm guessing every staff meeting was short, to-the-point, and left you feeling completely fulfilled.;->)

Seriously, though, ', bravo and kudos [see that? You earned both!] to you for all you did for kids, and thus, your community.

Wishing you years of comfort, health, and plenty of time to savor your years in the classroom. Oh, and by the way, you NEVER missed a day? You are totally an 'iron woman'.

Take care,

Tim

I was a teacher for usrethan seeng y s and of a teacher, al likes you, but hopeful that eacher (teachers?) could find a ray to involve you beyond simply being ent. Can you help with some asshoom chores? (Become an expert!) I too enjoy Mine craft (yes, even an old guy likes Mine craft!) and would enjoy reading a book about it written by ..... You!

It's pretty obvious by now that my teaching experience dovetails nicely with a number of the recipients' stories.

These words caught my attention : "a life cholrac erized by the love which has always given to the around her. That's you! And while you're understandably lonely, In sending hope that lyou can still reach down and share a little but more of that love,.. simply by berra there for those what love you lifter all, there's still time for to pass along -- and relive me of your favolite priceless remore

SORRY TO HEAR OF YOUR SADNESS OVER THE LAST COUPLE OF YEARS. BUT BOY. WITH ALL YOUR ACTIVITIES. YOUR CARING NATURE. AND YOUR DEVOTION TO FAMILY. I HAVE TO SALUTE THE GRIT AND DETERMINATION YOU'VE DEMONSTRATED DURING THESE TOUGH YEARS. YOU SOUND LIKE THE KIND OF PERSON WHO DAILY IMPROVES THE LIVES OF OTHERS.



MY BEST TO YOU IN 2023.



"Iron Woman", indeed Sorry to hear of your tough create Moy, if anyone ca e happiness er, it would be you I can picture onel atte Corner of your house ador with butterfly images. It could also serve as a nook for reading your mysteries. (Favorite authors de like Agatha ( ... ) as for your card-playing, dr sorry you don't have as raties to reel in your oppo admit it ... I bet yours a ringer Loping your atm improved and times with family + Friends abound

So. Judge Judy, huh? What do you like nost about her? Her sense of justice? When she rips into da plaintiff or defendant? Auestion: Do you ever catch yourself adding a little extra commentary of your own? (id be disappointed if you didn't. as for your sticker books, do you have favorite themes or designs of subjects? (arimals, Meris wishing you a "(That would," pleasant surprise tomorrow. (befur.)



What a full life you have led and what a bumper crop of memories you have 'grown'. I'm sorry you've scaled back on your gardening, but boy, could you teach us a few things about what to put in the ground, when to plant, and how to harvest all that food. And I bet you two did a nice job of canning, as well \_\_\_\_\_\_\_\_ bravo to you for your continued loving care of 1 \_\_\_\_\_\_\_\_ Here's wishing you both plenty more treasured moments together.

Thank you for all you've done for special people in your life. You have made your little corner of the world a much better place.



Tim

New goes life in Illinois? Azounds led a very unt erenting e Lile. ring those how we / into our luses in 20 Memore ave some ideas and he putling them to use. hoping ow nuch you have to share= ms learned during you 1 adrent vorite expe ALEK ma\_ TAZO ... PUTO or dictate you re

I have encouraged a number of folks to put their experiences, memories, or thoughts into a book. It's a positive way for them to pass their time and connect with not only others, but with themselves.

Very sorry to hear of your in guessing he complemented i mahi wany ways, son verance strength and perse adjust to this new ch life . Mo also hoping lye we reciprocate you - providina the same kind of support you no. doubt shared compassion with your hang clients. being a cook your - being the selfless, suppo myself to tarter happy to your specialty hats Decause - w leating ake.

Those profiles that mention food immediately capture my attention.

approvement of the second seco	A pure heart a pure heart a pure heart a conforting protects a pure heart a pure heart a conforting protects a pure heart a pure heart a conforting protects a pure heart a pure heart b d a dth goodness a pure heart a pure heart b d a dth goodness a pure heart a
a comforting presence a comforti	apare haart an anna dan hal tardir. anna dan hal tardir. a conferting presence a sungering presence a sungering presence

---!!

Forgive me for typing this instead of writing this longhand. I honestly don't make a habit of it. But do know that this is not some copy-pasted message that I send out to others.

#### THIS IS JUST FOR YOU!!

Socoo....look above at how special you are!! I'm sorry that these reminders of the good you add to your world aren't (yet) enough to heal the hurt you experienced, but I'm hopeful that you will exhibit the patience and perseverance needed to help you move forward in your personal life. (It certainly looks as if your academic and career goals are well taken care of. Bravo to you for that.!)

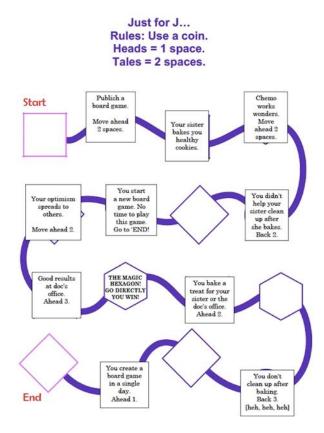
I marvel at your personal strengths and qualities and how they enhance the lives of those around you. Keep that up and have faith that <u>your</u> 'goodness' will be reciprocated in due time.

Take care!

Tim Haag P.S. And keep that word cloud—or at least its message—nearby.

So sorry to hear of your tough times, while your loss is painful In sure you realize how lucky to wereto have had such special years with a special guy What follows may sound like "advice" but really it is a list observations of felks who ave weathered isituations to used milar "They reach & point (have done the work to realize/where they go with what helps them in a diven her / day/ nonthetc. 2) They've reached put for loved ones. 3) They gai comfort when they encouri departed person's traits in other 1010: Time for some advice. Track down alice Meddech's BEST COCOA BROWNIES recipe and nake yourself a batch. Tim.

Note to self: Don't offer 'advice'. I really don't know nearly enough to roll out some possibly misguided 'solution'.



This recipient busied himself with making board games. I chose to make my own that reflected some of what I knew about him and my hopes for his immediate future.

7/22/22 Baking, huh? Lets trade hecipes and send each other some of our favorite hail friendly creations! Okey, time out ... just kidding Starting to sound a little outly familian... Creepip. 2 Still I can't think of a better escape from life's challenges than putting forth a batch of Best Cocoa Browniet This is legit. ... https://bit.ly/bestbrownies 2 all right, tim, let's give the poor girl a break from your own obsessions. I am so impressed, , urth your willingness to step out of your compett zone. And whitest read that your feeling a little guilty about not being with your thad, I'm thinking/happing and strength as you take or new challenges. In sure the rest of the people are. Take care, Tim



i, you could write a book of lessons you've learned, what you've overcome, and the success you've achieved— as a mom, as a student, as an entrepreneur.

In fact, even if you didn't write a book for publication [sorry, but you should...;-> I'd read it in a heartbeat.] it might well be a positive 'team project' for you and your daughters.

And in this non-book—don't you like how I'm planning the rest of your life for you?—make sure you include a chapter on 'strength and perseverance'—with a sidebar on 'a mother's love' because I'm guessing that was a driving force through those challenging years.

You have so much to offer, ..., and, while it may not fill the void left by the painful previous years, revisiting your accomplishments can help fill your *present* and *future* with the good you might have missed during those other years.

I realize this is easy for me to suggest, especially to someone who continues her role as 'superhero' [I'm sure I'm not alone in that assessment.], so I'll be more realistic: Here's sending you best wishes for a rich, warm, loving future with your daughters and—if it's the right thing for you—maybe a rewarding new friendship.

Take care.

Tim

# Thanks for reading. I hope this spurs you to creating your own form of literary goodwill.