

Dear [wife],

Step 1: Follow up on any unfinished business

Here you might need to follow up on any questions she asked you from last week's letter.

If she did not agree with waiting 8 weeks, you'll want to let her know that you understand.

You'll also want to let her know that you'll keep sending these letters as a way to help keep you accountable.

If at any time she would like to read them, or if she would like to give you any feedback, you would welcome it.

Step 2: Reaffirm your desires

You'll want to remind her why you're doing this in the first place.

Something like this:

The deepest desire of my heart is to spend the rest of my life with you as your husband. To show you that I can be someone that can love, honor and respect you. That can help you feel real joy in your life. That can honor and help you reach your fullest potential and purpose in life.

I have a lot of work to do to become that man. And that's what I am working on with everything I have right now.

But, even more than I want to be able to spend my life with you, I want you to have a life full of peace, joy and happiness.

If that has to be without me, if I have wounded you and lost your trust beyond any hope of repair as a married couple, I am deeply saddened by that, but I understand and respect your decision.

I will continue to support you and the children to the best of my ability. I will continue to become a better man. A man that you, the kids, and I can be proud of. Whether that is as your husband or not. If I can't be your husband, I would like to at least be someone that has earned your respect as I continue to become a better man.

Step 2: Let her know what you worked on this week

This week I worked on creating a personal mission statement.

It's a way for me to really visualize the type of man that I want to be and work towards that each day.

I started by listing out my priorities. For me, these are:

Step 2: List your priorities

Step 3: Recognize times when you did not honor these priorities

Ideas: As I wrote these priorities, it helped me understand what was most important to me.

It also helped me understand how many times I did not put you where you belonged in my priorities.

For example...(examples, again focus on how it probably made her feel).

There will probably be lots of examples of you somehow not supporting her, not being there when she needed you, spending too much time at work, having the affair, etc.

Step 4: Share your mission statement

After I wrote out my priorities, I created this mission statement. It's my "north star." My way of focusing on what I most want out of life.

Here it is: (share your mission statement)

Step 5: Share how you were not living up to this

Similar idea to step 3. Explain how your actions were not squaring with this, and you're sorry for that. Get into her pain (and your kids pain) again.

Step 6: Share how you plan to live up to this

I am committed to becoming this kind of man in my life.

To help me do this, I am going to spend time every morning thinking of how I can live up to these priorities every day. I am going to visualize how I can serve those around me, and visualize the happy day when I become this type of man (share your vision).

Each night, I am going to take an inventory of how well I lived up to this mission, and see how I can improve the next day.

Step 7: Ask for feedback

As I go about making these changes, I would love your feedback. You know me best and can help me to become the man that I am visualizing better than anyone else.

Step 8: Recap

I know that I have not lived up to this vision of the man I want to be. I am grateful that I have gone through the process of really envisioning who I want to be.

I feel like I now have a “north star” to guide my actions. A destination where I am trying to go.

I know that I will often be off course, but with daily correction, and hopefully your feedback, I can become this kind of man.

I am committed to doing this. I hope more than anything that I can make this journey with you at my side and with your help. But if not, I will keep working towards it and hope that one day, even from a distance, you can see that I have become a man that you can respect and be proud of.

Love,

[you]