Dear [Name],

I hope this message finds you well. I want to express my heartfelt gratitude for your recent proposal regarding our engagement. It truly means a lot to me to know how much thought and effort you put into your intentions.

After careful consideration, I must respectfully decline your proposal at this time. This decision was not easy, and I want you to know that it is based on personal reasons rather than a reflection of your qualities or our relationship.

I genuinely appreciate the love and admiration you've shown me. Your commitment is something I deeply respect, and I am grateful to have you in my life. I look forward to continuing our relationship as friends, and I hope we can continue to share wonderful experiences together.

Thank you once again for your understanding and for the kindness you've shown me.

Warm regards,

[Your Name]