Dear [Name],

I hope this message finds you well. I want to take a moment to express my heartfelt gratitude for your recent proposal. It means a lot to me that you would consider me for such an important step in your life.

However, after careful contemplation, I must respectfully decline your engagement request. This decision did not come easily, and I want you to know that it is not a reflection of your worth or the love you have extended towards me.

I truly admire and appreciate you for who you are, and I hope that we can continue to cherish the bond we share as friends. I wish you all the happiness in the world as you continue your journey.

Thank you once again for your understanding. I wish you nothing but the best.

Sincerely, [Your Name]