

Dear [Recipient's Name],

I hope this note finds you in good spirits. I just wanted to take a moment to remind you how strong you are during this time of recovery.

Every day is a step forward, and I am so proud of you for the progress you are making. Remember, it's okay to have tough days; they are part of the journey. Surround yourself with positivity and keep pushing through.

If you ever need someone to talk to or a helping hand, know that I am here for you. You are not alone in this.

Keep believing in yourself. You have the strength to overcome this, and brighter days are ahead.

With all my support and encouragement,

[Your Name]