

Hey [Friend's Name],

I hope this message finds you well! I'm writing to share some exciting news that I couldn't wait to tell you about.

Recently, I accomplished [specific accomplishment, e.g., "I just completed my first marathon!"] and it was such an incredible experience. I trained hard for several months, and crossing the finish line felt like a dream come true.

Additionally, I'm thrilled to let you know that [another accomplishment, e.g., "I received a promotion at work!"] It's a great opportunity for me, and I'm excited to take on new challenges.

Let's catch up soon! I'd love to hear what's new with you as well.

Best,

[Your Name]