Dear [Friend's Name],

I hope this letter finds you well. I've been doing some thinking lately and I feel like I could really use your perspective on a few things in my life.

As you know, I've been facing some challenges with [briefly describe the situation]. I would love to get together and talk it over, as I value your opinion and think you might have some insights that could help me navigate this situation.

Would you be available to meet up for coffee or a walk sometime soon? Your support means a lot to me, and I know that with your help, I can gain a clearer understanding of what steps to take next.

Thanks for always being there for me. Looking forward to hearing from you!

Warm regards,

[Your Name]