Dear [Friend's Name],

I hope this letter finds you well. I've been doing a lot of thinking lately and realized that I could really use your advice and perspective on some things that have been on my mind.

As you know, I've been facing a few challenges regarding [briefly mention the issues or areas you need guidance in, e.g., career choices, personal relationships, etc.]. I value your opinion greatly, and I feel that you could offer me some insight that I might not have considered.

If you have some time, I would love to discuss this over coffee or a call. Your support and understanding have always meant so much to me, and I'm looking forward to hearing your thoughts.

Thank you for being such a wonderful friend. I really appreciate it and can't wait to catch up!

Warm regards,

[Your Name]