Dear [Friend's Name],

I hope this message finds you well! I wanted to share my excitement about a new hobby I've taken up--[hobby name]. It has been such a refreshing change in my routine, and I can't believe I waited this long to give it a try!

I've already started [brief description of what you are doing in the hobby], and it has been an incredible experience. The best part is [mention something specific you enjoy about the hobby, like meeting new people, the creativity involved, or the skills you are learning].

I really think you would enjoy this as well! I would love for you to join me sometime. We could [suggest a related activity or event, like a class, a meetup, etc.], and it would be so much fun to share this experience together!

Let me know what you think, and I can't wait to hear about any new endeavors you might be exploring too!

Best,

[Your Name]