

Dear [Friend's Name],

I just wanted to take a moment to remind you how amazing you are. I know you're facing some challenges right now, and it might feel overwhelming, but always remember that you have the strength to overcome anything that comes your way.

Your resilience has always inspired me, and I believe in your ability to rise above this. It's okay to take things one step at a time. You don't have to have everything figured out right now.

Surround yourself with positivity, lean on your friends, and don't hesitate to share your feelings. I'm here for you every step of the way. Let's take on these challenges together!

Keep shining your light; better days are ahead!

With all my love and support,

[Your Name]