Dear [Family Friend's Name],

I hope this message finds you well. I wanted to take a moment to express my heartfelt gratitude for the unwavering encouragement and support you've offered me over the years.

Your words of wisdom and motivation have played a significant role in my journey. During moments of doubt, your belief in me helped light the way forward.

Thank you for being such a wonderful friend and for always being there to lift my spirits. I truly appreciate everything you do.

Looking forward to catching up soon!

Warm regards, [Your Name]