Dear [Teammate's Name],

I hope this message finds you well. I wanted to take a moment to express my heartfelt gratitude for the incredible support and encouragement you have offered me during [specific time or project].

Your belief in my abilities and your constant motivation made a significant difference in my performance and confidence. I truly appreciate the time you took to [mention any specific actions they took to help you].

Thank you once again for being such a fantastic teammate. I'm fortunate to work alongside someone as inspiring as you.

Warm regards,

[Your Name]