

Dear [Friend's Name],

I hope this message finds you well. I wanted to take a moment to express my heartfelt gratitude for your uplifting words during our recent challenges at work. Your support and encouragement meant so much to me and helped brighten my day.

Your ability to see the silver lining in tough situations is truly inspiring. Thank you for being not just a fantastic colleague but also a wonderful friend. I genuinely appreciate your kindness and positivity.

Let's catch up soon--I'd love to hear more about what you've been working on!

Warm regards,
[Your Name]