Dear [Previous Landlord's Name],

I hope this message finds you well. I am writing to kindly request a reference regarding my tenancy at [Property Address] from [Start Date] to [End Date]. As I am in the process of applying for a new rental property, your input would be greatly appreciated.

If possible, could you please provide a brief overview of my time as a tenant, including details such as payment history, any issues regarding property maintenance, and overall conduct? Your support in this matter would be invaluable to me.

Thank you very much for your assistance. Should you require any further information or if there's a preferred method for providing the reference, please let me know.

Best regards,

[Your Name]

[Your Contact Information]