[Your Name] [Your Address] [City, State, Zip Code] [Email Address] [Date] [Parent's Name] [Parent's Address] [City, State, Zip Code] Dear [Parent's Name],

I hope this letter finds you in great spirits. I am writing to express my heartfelt appreciation for everything you have done for me. Your unwavering support, love, and guidance have shaped me into the person I am today.

From [specific example or memory], to the countless sacrifices you've made, your influence has been invaluable. Your encouragement during [specific event or situation] was instrumental in helping me overcome challenges and pursue my dreams.

Thank you for always believing in me, even when I doubted myself. I am truly grateful for all the lessons you've taught me about [specific values or teachings]. Your strength and resilience inspire me every day. I am proud to be your child and hope to make you as proud of me as I am of you. I look forward to creating many more wonderful memories together. With all my love and appreciation,

[Your Name]