

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Date]

Dear Mom and Dad,

I hope this letter finds you both in great spirits! I wanted to take a moment to share some thoughts and updates from my life that I've been meaning to tell you.

[Insert personal update or story here. Include any achievements, experiences, or feelings you want to express.]

As I reflect on [mention a memory or lesson learned], I feel so grateful for the love and support you have given me. It has truly shaped who I am today.

I miss our [mention a family tradition or activity you enjoy together] and can't wait until we can do that again. Perhaps we can plan [suggest a possible family gathering or outing].

Thank you for everything you do. Your guidance and encouragement mean the world to me.

Sending all my love,

[Your Name]