```
[Your Name]
[Your Address]
[City, State, ZIP Code]
[Email Address]
[Date]
Dear [Friend's Name],
I hope this letter finds you well! I wanted to take a moment to catch up and share what's been going on in my life.
[Insert a personal update or anecdote here.]
I'd love to hear about what you've been up to as well! Let's plan a time to chat or meet up soon.
Take care and talk soon!
Best,
[Your Name]
```