

Dear [Friend's Name],

I just wanted to take a moment to remind you how incredibly strong and brave you are. Every step you take on this journey is a testament to your resilience. I'm here for you, cheering you on every day. Remember, it's okay to have tough days, but know that brighter days are ahead. You're not alone in this; we'll face it together.

Stay strong and keep shining,

[Your Name]