

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

Dear Mom and Dad,

I hope this letter finds you well. I wanted to take a moment to express my heartfelt appreciation for everything you do for me.

Thank you for always being there to support and guide me. Your love and encouragement mean the world to me, and I am so grateful for the sacrifices you make every day. Whether it's helping me with my homework, cheering me on at my games, or just listening to my thoughts, your support makes me feel empowered and loved.

I appreciate all the lessons you teach me, from kindness to perseverance. I know that I am growing because of your efforts and the values you instill in me. I am proud to be your child and hope to make you just as proud.

Thank you for being the amazing parents you are. I love you both so much!  
With all my love,

[Your Name]