[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 some of the things that have been going on in my life lately. [Insert a personal update, such as recent events, adventures, or experiences.]

Also, I've been thinking about [mention any shared interests or upcoming events]. It would be great to hear your thoughts on this! Looking forward to hearing from you soon. Take care! Best,

[Your Name]