

[Your Name]  
[Your Email/Phone Number]  
[Date]

Dear [Recipient's Name],

I hope you are doing well.

I realized today that it has been [Number] years since [mention specific anniversary or the start of the relationship]. Even though quite a bit of time has passed since we last spoke, I found myself thinking about you and the time we spent together.

I wanted to reach out simply to say that I hope life is treating you kindly. I still look back on our memories with a lot of appreciation for what we shared and the things I learned during that chapter of my life.

There is no pressure to reply to this, but if you are ever open to it, I would love to hear how you are and what your life looks like these days. It would be nice to catch up as friends.

Wishing you all the best,

[Your Name]