

My dearest [your relationship with the person ex: 'Friend'],

Here is a reminder to you that your worth is not determined by the number that you see on the scales. Your worth is not in the hours of labor you have clocked in, or even the number of messages you have sent out for the sake of other people.

I value and love you for the kindness of your heart, the ease of your smile, and the warmth of your laughter. You bring light and joy to this world with the little things. Your hellos and goodbyes, the energy you bring, and the passion with which you approach everything you adopt as 'yours'. You ease hearts with your presence, soothe hurts with the gentleness of your tone and calm anxious minds with the simple humanity of your existence.

You are incredibly special, and I am grateful for your presence in my life, as is everyone who is blessed with your presence.

Know that you are loved and celebrated by all those who know you. There is no counting the depth of our affection for you or challenging the reasons that you matter. You simply do.

With abiding affection and respect,

[Your Name]