

Dear [Friend's Name],

I hope this letter finds you well! It's been a while since we last caught up, so I thought I'd write and fill you in on some recent changes in my daily routine.

To start with, I've begun waking up much earlier than before – around 6:30 am! I know, it's a big shift for me, but I'm actually enjoying having more quiet time in the mornings. I've started using that time to go for a quick jog around the neighborhood, which leaves me feeling refreshed and ready for the day.

Workwise, there have been some changes too. My team has switched to a more flexible schedule, so I'm now working from home most days, except Tuesdays when I go into the office. It took some getting used to, but now I appreciate the extra time I save on commuting.

In the evenings, instead of my usual binge-watching TV shows, I've started reading more. Currently, I'm halfway through a mystery novel you recommended. It's nice to unwind with a book rather than a screen, and I think it's helping me sleep better too.

Weekends are a bit more relaxed lately – I've been experimenting with cooking new recipes and sometimes meeting up with a few friends for coffee at the park. It's a simple change, but it's made my weekends feel more fulfilling.

How have things been with you? Any new routines or habits on your end? I'd love to hear all about it!

Looking forward to your reply.

Take care,  
[Your Name]