

Hey [Friend's Name],

I hope this message finds you well! I'm writing because I've finally set a date to move to my new place, and I could really use a hand with the whole packing and moving process. The big day is coming up soon-I'm planning to move on [moving date], and it would mean a lot if you could help out.

There will be quite a few boxes and some large furniture, so having an extra set of hands (or two!) would really make things so much easier. If you have access to a car or a van, even better! Of course, I'll provide snacks, drinks, and plenty of gratitude in return. ☺

Please let me know if you're available to help, even if it's just for a couple of hours. Your help would really take a load off my shoulders (literally and figuratively!).

Thanks so much for considering it! I look forward to catching up and hopefully working together to get me settled into the new place.

Take care,
[Your Name]