

Dear Sarah,

I hope this letter finds you well! It feels like ages since we last caught up, and I thought it was high time I sat down to share what's been happening in my world.

Life has been buzzing lately! The biggest news is that my sister just had a baby boy last month-he's absolutely adorable and already has everyone in the family wrapped around his tiny fingers. Mom and Dad are over the moon, and I've been spending weekends at their place, helping out and soaking up all the baby cuddles I can.

Work has been challenging but rewarding. I got promoted to team lead, which means I'm juggling more projects than ever. Some days it's a bit overwhelming, but I'm slowly finding my rhythm. Plus, my team is fantastic, and we always manage to squeeze in a laugh or two during meetings.

Outside of work, I've picked up gardening! Can you believe it? I've managed to keep my tomatoes alive (and even thriving), and I find it so calming to spend time with my plants after a hectic day. It's become my little sanctuary.

Last weekend, I took a spontaneous road trip with some friends to the seaside. We watched the sunrise, ate way too much seafood, and even tried paddle boarding for the first time (let's just say I'll need more practice!). It reminded me how important it is to make time for little adventures.

How are things on your end? I'd love to hear all about what you've been up to lately. Maybe we can plan a catch-up call soon-it's been far too long since our last chat.

Sending lots of love your way!

Warmly,
Emily