

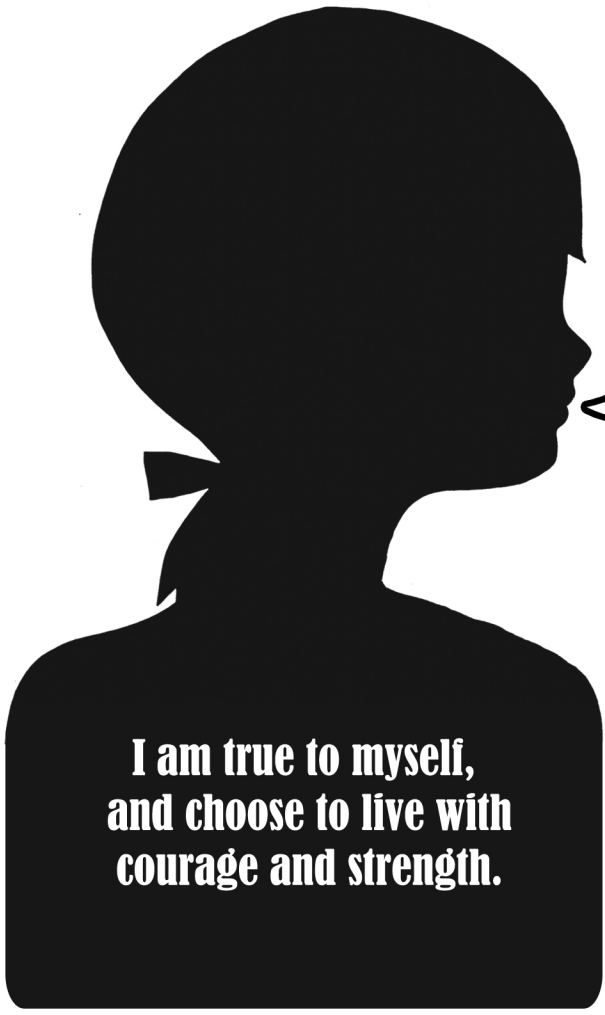
## What I should apologize for:

- For hurting someone through my actions or words

**An apology is an admission that you've wronged others and that you are actually sorry for it.**

## What I should **NOT** apologize for:

- For saying NO
- For being strong
- For being different
- For being unique
- For wanting something
- For asking questions
- For not knowing how to do something
- For not understanding or knowing the answer
- For not being perfect
- For being good at something
- For being bad at something
- For learning and growing
- For listening to my needs
- For being honest
- For not meeting someone else's expectations of me
- For not doing what someone else wants
- For taking care of myself
- For asking for what I need
- For standing up for myself
- For being brave
- For being bold
- For following my dream
- For being awesome
- For my priorities
- For being better at something than someone else
- For being true to myself
- For following my heart
- For believing in myself
- For not wanting the same thing as someone else
- For choosing my own path
- For standing my ground
- For loving someone
- For taking care of myself
- For my choices
- For needing to take time
- For someone else
- For being me



**I am true to myself, and choose to live with courage and strength.**

plant  
love  
grow