

# Apologize



We have all broken a promise. Amanda Messer, Co-Founder of *because I said I would* offers a six step model for handling broken promises. Think about a promise that you have recently broken, make a plan (following the six steps) and reconcile with the person with whom you broke a promise.

## *Promise:*

I will apologize for a broken promise using the six step model within in the next 30 days.

## *Element of Honor:*

### Accountability

I must be willing to accept personal responsibility for what I have done and what I have failed to do—both in what is good and what is not. Accountability helps me understand that my decisions have consequences. I help hold others accountable, but before I become too upset with the broken promises of others, I remember that I too have weakness.

### Action Items:

- Schedule time in calendar to watch the TEDx Talk by Co-Founder Amanda Messer called [How to Handle Broken Promises](#).
- Make a written plan to apologize.
- Schedule time to call and apologize to the person.

### Verification:

Complete Badge [Verification Form](#) (located on website) which should include a short reflection (no more than one paragraph) on the TEDx Talk and your apology plan.

### Approval:

Badges will be verified and approved for presentation quarterly.

because  
I said  
I would.

I'm inspired to...

*"It's not hard to make decisions when you know what your values are."*  
Roy E. Disney