



# STOP SORRY IN ITS TRACKS



## CONFESSIONS OF A COMPULSIVE APOLOGIZER...

Have you ever apologized for any of these?

- Promoting yourself or your business
- Asking someone in your way to move
- Cancelling plans with proper notice
- Not paying **immediate attention** to every text, email, message, etc...



## WHAT DOES THIS HAVE TO DO WITH PRODUCTIVITY?



- **Energy management** is a big part of productivity.
- If our default setting is **unnecessary guilt for daring to function**, then what does that do to our energy?

## OVERAPOLOGIZING IS A CHAOS CREATOR

- It affects other people's perceptions of you. It makes you appear submissive and not confident. Which leads to you not getting chosen, which leads to less confidence...
- It affects your perception of yourself. When you take responsibility for things you aren't responsible for, it only adds to your feeling of being overwhelmed.



**SENSEI SAYS: SORRY SUCKS, GRASSHOPPER. OWNING UP FOR FAR TOO MUCH LEADS ONLY TO A LACK OF CONFIDENCE.**



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