

WORKPLACE

Ideas for pass alongs cards for *Start With Sorry* in the workplace

Emotional Awareness & Self-Reflection

I realised I overreacted—I'm sorry. Let's reset.

I was short with you earlier. That wasn't fair.

I didn't listen properly. Can we try again?

My stress got in the way. You didn't deserve that.

I missed the mark on how I responded. I'm learning.

I could've handled that differently. Thanks for your patience.

I ignored your input—I'm sorry and open now.

I let frustration speak louder than kindness.

Repair Through Listening

I'm here to listen if you want to talk.

I didn't make you feel heard. Can we try again?

I want to understand your side—my door's open.

You matter to this team. Let's talk about what happened.

I'm sorry for not checking in sooner.

Repairing Relationships

Let's move forward—can we share ideas over coffee?

I'm grateful you're still on this team, even after my mistake.

I miss our easy chats. Let's start fresh?

Can we find a way to work better together?

Let's rebuild the trust—I'm committed to making this work.

I didn't mean to make you feel left out.

Thanks for giving me grace—I won't take it for granted.

Owning Mistakes

I misunderstood the assignment and caused delays—my bad.

I didn't pull my weight on that project. I'll do better.

I missed a detail that affected your work—I'm sorry.

I forgot to loop you in—that won't happen again.

I passed the blame. That wasn't right.

Creating a Safer Culture

Your feedback helped me grow. Thank you.

I want to be someone you can count on—always.

You deserved credit I didn't give—great job.

I'm making space for kindness today. You inspire that.

Let's celebrate progress over perfection.

Team Empowerment

I believe in what you bring to the table.

Let's support each other more intentionally.

You inspire me to lead with heart.

Today I choose responsibility, not excuses.

Let's normalize learning from mistakes—not hiding them.

Appreciation & Repair Combo

You handled that situation with grace—thank you.

I see your hard work—I'm sorry I didn't say it sooner.

I appreciate your patience while I grow.

Thank you for helping me see things differently.

I'm sorry for making assumptions—you taught me something.

Everyday Reset Cards

Let's try again—with a better tone.

I needed a moment to reflect. I'm ready now.

That meeting got tense—how can I make it right?

I want today to feel lighter for both of us.

I'm not perfect—but I care enough to improve.

Uplifting Repair Moments

Let's laugh this one off—and learn together.

Thanks for showing me grace—I'll pass it on.

You make work better—I'm sorry if I forgot to say it.

Here's to progress—not perfection.

I'm not afraid to say I'm sorry anymore—thank you.

Let's lead with care—today and always.