Don't Apologize If You Don't Mean It

"Don't bother apologizing if you're just going to continue doing the things you said sorry for."
There is a huge difference between talking about change, and really becoming the change that you have been talking about. It is very important that when we make our convictions public, that we seek to really meet the goals that we once spoke as a dream. More often than not, the relationships you build and maintain with people over the years can easily diminish if you don't do the things that you say you are going to do.

Our word, and our promises to the people that we are supposed to care about the most are usually very important to these loved ones. Often times, their love for us will blind them from seeing our wrongs until it gets incredibly difficult for us to really make the changes that we know we need to make. So never say sorry when you don't really mean it, and never commit to anything that you know in your heart you don't really mean.

Source: [here](https://tiest.staff.ipb.ac.id/2015/01/22/smile-2/).
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