

NOT SORRY

NOT SORRY

NOT SORRY



TO MAKE PROGRESS, WE HAVE TO BREAK SOME BAD HABITS.

“SORRY, DO YOU HAVE A SEC?”

“SORRY, CAN I ASK A DUMB QUESTION?”

“SORRY, LET ME SCOOT OVER.”

“SORRY TO BOTHER YOU AGAIN.”

“SORRY, YOU GO AHEAD.”

Women feel as though we have to apologize—*constantly*. Even when it isn't necessary. But unnecessary Sorries cost us more than we realize, making our ideas, questions and opinions less valuable.

~~Sorry, but~~ that word has got to go.

Presenting: The Sorry Jar. Every time you say “Sorry” when you meant something else, drop a quarter in the jar. By treating every unintended “Sorry” like a four-letter word, we can quickly make some change.

So what do you say?

LET'S KICK THIS SORRY HABIT ONCE AND FOR ALL.

Share your jar using #NOTSORRY | More at [NOTSORRY.COM](https://www.notsorry.com)