

The Things You Had to Cancel

For the sting of pulling out of something you really wanted to do.

WHEN TO USE THIS

Use this after you had to cancel because of your body.

What did you cancel, and what was it going to be?

What was harder - missing it, or telling them?

What would you like to say to the person you let down?

You can write it here first and send it later.

Is there a smaller way to still be part of it?

Canceling protected something. It does not make you unreliable.