Dear [Recipient's Name],

I hope this message finds you well. I am writing to sincerely apologize for forgetting [specific date or occasion]. It was an important day, and I deeply regret not being there to celebrate/acknowledge it.

Please understand that my forgetfulness was unintentional, and I have reflected on its significance to you. I value our relationship greatly and would never want to hurt your feelings.

I promise to make it up to you by [suggest a way to make it up, e.g., planning a dinner, sending a gift]. I hope you can forgive my oversight and allow us to move forward positively.

Thank you for your understanding.

Warm regards, [Your Name]