Dear [Recipient's Name],

I hope this message finds you well. I am writing to express my heartfelt regret for not remembering [specific significant moment, e.g., your birthday, our anniversary, etc.]. It was a pivotal moment for you, and I am truly sorry for not acknowledging it as it deserved.

Looking back, I realize how important it was and how much it meant to you. I feel genuinely sorry for my oversight and assure you that you were in my thoughts, even if my actions did not reflect that.

Please know that I deeply value our relationship and appreciate all the moments we share. I am committed to making it up to you and ensuring that I am more attentive in the future.

Thank you for your understanding, and I hope to hear from you soon.

With sincere apologies,

[Your Name]