Dear [Recipient's Name],

I hope this letter finds you well. I am writing to express my heartfelt regret for not living up to the standards that were expected of me. It has been weighing on my mind, and I felt it necessary to reach out to you.

Throughout our time together, I have always admired your commitment to excellence and integrity. Unfortunately, my recent actions have not reflected the values that I hold dear, and for that, I am truly sorry.

It was never my intention to let you down or to compromise the trust that you placed in me. I understand that my shortcomings may have caused disappointment and I deeply regret any impact this may have had.

Moving forward, I am committed to making changes and ensuring that I uphold the standards we both value. I genuinely appreciate your understanding and support during this time.

Thank you for your patience and for giving me the opportunity to express my feelings. I hope to prove to you that I can be the person you believe I am.

Sincerely, [Your Name]