

BEING REALISTIC ABOUT REASONS

Reference

Being realistic about reasons is a critical skill that can significantly influence personal growth, decision-making, and interpersonal relationships. Understanding and accepting the true motives behind actions, choices, and circumstances allows individuals to navigate life's challenges more effectively and with greater clarity. When we approach reasons with a realistic mindset, we avoid misconceptions, biases, and false assumptions that can hinder progress. This article explores the importance of being realistic about reasons, how to develop this mindset, and practical tips to apply it in everyday life.

Understanding the Concept of Realism About Reasons

What Does It Mean to Be Realistic About Reasons?

Being realistic about reasons involves acknowledging the genuine motives behind actions, whether they are your own or others'. It requires an honest assessment that considers facts, evidence, and context rather than assumptions or emotional biases. This mindset encourages transparency and authenticity, fostering better relationships and more effective problem-solving.

Why Is It Important?

Recognizing the true reasons behind behaviors and decisions offers multiple benefits:

- Reduces misunderstandings and conflicts based on false assumptions
- Enhances self-awareness and emotional intelligence
- Improves decision-making by focusing on factual motivations
- Builds trust and credibility with others
- Supports personal growth through honest reflection

Common Barriers to Being Realistic About Reasons

Emotional Biases and Cognitive Distortions

Our emotions often cloud judgment, leading us to interpret reasons in a way that supports our feelings. For example:

- Justifying actions to avoid guilt or shame
- Blaming others to deflect responsibility
- Overgeneralizing based on limited experiences

Assumptions and Stereotypes

Making assumptions about others' motives without sufficient evidence can distort our understanding. Stereotypes and preconceived notions often lead to false interpretations.

Confirmation Bias

This bias causes us to favor information that confirms our existing beliefs about reasons, ignoring evidence that contradicts them.

Strategies to Be Realistic About Reasons

Develop Self-Awareness and Reflection

Being honest with oneself is the foundation of understanding true motives.

- Ask yourself why you are acting a certain way
- Reflect on past decisions and their underlying reasons
- Identify emotional triggers that influence your perceptions

Gather Evidence and Seek Clarity

Avoid jumping to conclusions without sufficient evidence.

- Ask questions to clarify others' motives
- Observe behaviors and patterns over time
- Consult trusted friends or mentors for their insights

Practice Empathy and Perspective-Taking

Understanding others' reasons requires stepping into their shoes.

- Consider the context of their situation
- Recognize external factors influencing their behavior

- Avoid immediate judgments based on surface-level actions

Accept Uncertainty and Complexity

Not all reasons are clear-cut or straightforward.

- Be comfortable with ambiguity
- Recognize that motives can be multifaceted
- Allow room for change and new information

Applying Realism About Reasons in Different Contexts

In Personal Relationships

Understanding the true reasons behind a partner's actions can prevent misunderstandings.

- When disagreements arise, ask yourself if there are underlying reasons beyond surface-level frustrations
- Communicate openly to uncover genuine motives
- Practice patience and avoid jumping to conclusions

In the Workplace

Being realistic about colleagues' reasons fosters collaboration and trust.

- When conflicts occur, consider external pressures or personal challenges they might be facing
- Assess whether decisions are driven by organizational goals or personal ambitions
- Encourage transparency and open dialogue

In Personal Goal Setting and Decision-Making

Clarity about your motivations leads to more aligned choices.

- Identify your core values and how they influence your reasons
- Evaluate whether your actions serve your long-term objectives
- Be honest about fears or biases that might skew your reasoning

Benefits of Being Realistic About Reasons

Enhanced Self-Awareness

Understanding your true motives helps you make conscious choices aligned with your authentic self.

Improved Relationships

Clarifying reasons reduces misunderstandings and fosters trust and empathy.

Better Conflict Resolution

Recognizing genuine motives allows for more effective problem-solving and compromises.

Increased Personal Resilience

Accepting complex or uncomfortable reasons enables you to adapt and grow from challenges.

Conclusion

Being realistic about reasons is a vital component of emotional intelligence and effective decision-making. It involves a conscious effort to see beyond surface appearances, challenge biases, and seek clarity with honesty and humility. By developing this mindset, individuals can improve their relationships, make better choices, and foster personal growth. Remember, understanding the true motives behind actions is less about judgment and more about compassion, clarity, and self-awareness. Cultivating the ability to be realistic about reasons ultimately leads to a more authentic, fulfilling, and harmonious life.

Being Realistic About Reasons: A Deep Dive into the Foundation of Thought and Decision-Making

Understanding and being realistic about reasons is a cornerstone of rational thinking, effective decision-making, and authentic self-awareness. In an age where information is abundant and perspectives are often polarized, grounding ourselves in the reality of our motives and justifications helps foster clarity, integrity, and resilience. This comprehensive exploration will dissect the nuances of being realistic about reasons, examining their nature, importance, potential pitfalls, and practical strategies to cultivate this mindset.

What Does It Mean to Be Realistic About Reasons?

At its core, being realistic about reasons involves accurately identifying, evaluating, and accepting the underlying justifications for our beliefs, choices, and actions. It requires a commitment to

truthfulness?not only about external facts but also about internal motives.

Key Aspects of Realism Regarding Reasons:

- Honest Self-Assessment: Recognizing your true motivations rather than justifying actions with socially acceptable or idealized reasons.
- Empirical Grounding: Ensuring that reasons are supported by evidence or logical coherence.
- Avoidance of Rationalization: Resisting the temptation to create post hoc explanations that mask underlying biases or emotional impulses.
- Alignment with Reality: Making sure your reasons are consistent with your circumstances, values, and the broader context.

The Importance of Being Realistic About Reasons

Understanding your reasons realistically affects various aspects of life:

- Enhances Self-Awareness and Personal Growth
 - Recognizing genuine motives helps identify areas for improvement.
 - Clarifies whether actions align with core values or are driven by transient emotions.
 - Facilitates honest reflection, leading to more authentic self-understanding.
- Improves Decision-Making and Problem-Solving
 - Decisions rooted in realistic reasons are more likely to lead to positive outcomes.
 - Helps avoid pitfalls like impulsivity or chasing false incentives.
 - Encourages weighing evidence thoroughly before acting.
- Builds Trust and Credibility
 - Consistently being honest about your reasons fosters trust in personal and professional relationships.
 - Demonstrates integrity, which is vital for leadership and collaboration.

- Reduces Cognitive Dissonance and Psychological Stress
- When reasons are aligned with reality, internal conflicts diminish.
- Leads to greater psychological comfort and consistency.

Common Pitfalls in Misjudging Reasons

Despite its importance, many people struggle with accurately assessing their reasons. Recognizing common pitfalls can help mitigate these issues.

- Rationalization and Post Hoc Justifications
 - Creating plausible-sounding reasons after the fact to justify actions taken for emotional or subconscious motives.
 - Example: Justifying a purchase by listing logical benefits while the real motivation was impulse or social status.
- Confirmation Bias
 - Favoring reasons that support pre-existing beliefs or desires, ignoring evidence to the contrary.
 - Can lead to stubbornness and poor decision-making.
- Emotional Reasoning
 - Letting feelings overly influence the perception of reasons, which may distort reality.
 - For instance, acting out of fear or anger rather than rational analysis.
- External Influences and Social Pressures
 - Adopting reasons based on societal expectations, peer pressure, or authority figures, rather than authentic motives.

- Overconfidence in One's Reasons

- Believing one's justifications are infallible, leading to closed-mindedness and resistance to reconsideration.

Strategies for Being Realistic About Reasons

Achieving this level of honesty and accuracy requires deliberate effort and skill development. Below are practical strategies:

- Cultivate Self-Reflection Practices

- Regularly set aside time to analyze your motives.
- Ask questions like:
 - Why am I doing this?
 - What do I hope to achieve?
 - Are there unconscious biases influencing my reasoning?

- Seek External Perspectives

- Consult trusted friends, mentors, or colleagues who can provide honest feedback.
- Consider alternative viewpoints that challenge your assumptions.

- Use Evidence-Based Reasoning

- Support your reasons with facts, data, or logical arguments.
- Avoid making decisions based solely on intuition or emotion.

- Identify and Challenge Cognitive Biases

- Be aware of tendencies like confirmation bias, anchoring, or hindsight bias.
- Use techniques such as devil's advocacy or "consider the opposite" to evaluate reasons.

- Differentiate Between Reasons and Justifications
 - Recognize that reasons are often complex and multifaceted, whereas justifications may be superficial or self-serving.
 - Strive to uncover the root motivations rather than settling for surface explanations.
- Practice Humility and Openness to Change
 - Accept that your initial reasons may be incomplete or flawed.
 - Be willing to revise your beliefs as new information emerges.
- Document and Review Your Reasons
 - Write down your reasons for significant decisions.
 - Periodically review these to assess their validity and alignment with outcomes.

Applying Realistic Reasoning Across Life Domains

Being realistic about reasons is not a one-time achievement but a continual process that applies across various facets of life:

Personal Relationships

- Understand whether your motives are rooted in genuine care or in insecurity, jealousy, or entitlement.
- Communicate transparently about your reasons to foster trust.

Career and Professional Decisions

- Clarify whether your career moves are driven by passion, financial needs, status, or external expectations.
- Evaluate whether your reasons align with your long-term goals and values.

Financial Choices

- Assess if purchases or investments are motivated by necessity, desire, social influence, or compulsive habits.
- Avoid rationalizations that mask impulsivity or emotional spending.

Health and Lifestyle

- Reflect on whether health-related actions stem from self-care or external pressures.
- Be honest about motivations to foster sustainable habits.

The Ethical Dimension of Being Realistic About Reasons

Honest appraisal of reasons also carries an ethical weight. Authentic motives underpin trustworthiness and moral integrity.

- Authenticity: Acting based on genuine reasons aligns with authenticity, fostering genuine relationships.
- Accountability: Owning your reasons demonstrates responsibility for your actions.
- Impact on Others: Recognizing whether your reasons consider the well-being of others promotes ethical behavior.

The Role of Culture and Society in Shaping Reasons

Our understanding of what constitutes 'realistic' reasons is often influenced by cultural norms and societal expectations.

- Be aware of cultural biases that may distort your perception of what is reasonable or justified.
- Cultivate cross-cultural awareness to broaden your perspective on motives.

Conclusion: Embracing a Realistic Approach to Your Reasons

Being realistic about reasons is a dynamic, introspective process that enhances personal integrity, decision quality, and relational trust. It demands honesty, humility, and a commitment to truth, often challenging us to confront uncomfortable truths about ourselves. While it may require effort and vulnerability, the benefits—clarity, authenticity, resilience—are well worth it.

By integrating deliberate reflection, evidence-based reasoning, openness to feedback, and ongoing self-assessment, you can cultivate a mindset that consistently seeks the truth behind your motives. In doing so, you'll navigate life with greater purpose, authenticity, and moral clarity, ultimately

leading to more satisfying and ethically grounded living.

Remember: Being realistic about reasons isn't about achieving perfection but about striving for greater honesty and awareness in every decision and action. The journey towards this mindset is ongoing, and each step taken enhances your capacity for genuine understanding and meaningful living.

QuestionAnswer Why is it important to be realistic about your reasons for pursuing a goal? Being realistic about your reasons helps ensure your motivations are genuine, achievable, and sustainable, increasing the likelihood of long-term success and personal fulfillment. How can overestimating or underestimating your reasons impact your progress? Overestimating your reasons can lead to burnout or disappointment if expectations are unrealistic, while underestimating them might cause you to lose motivation or not fully commit to your efforts. What are some common signs that your reasons for a goal are not realistic? Signs include persistent doubt, lack of clear plans, frequent obstacles that seem insurmountable, or feelings of being overwhelmed and unmotivated despite effort. How can you assess whether your reasons are grounded in reality? Evaluate whether your reasons are specific, measurable, and aligned with your current resources and circumstances. Seek feedback from trusted peers and reflect on past experiences to ensure your motives are practical. What role does self-awareness play in being realistic about your reasons? Self-awareness helps you understand your true motivations, strengths, and limitations, enabling you to set realistic goals and identify reasons that are genuinely meaningful and achievable. How can adjusting your reasons improve your chances of success? Adjusting your reasons to be more realistic allows you to set attainable goals, maintain motivation, and develop effective strategies, ultimately increasing your likelihood of success and personal growth.

Related keywords: practical thinking, rational analysis, logical reasoning, objective evaluation, critical thinking, evidence-based approach, mindset adjustment, emotional regulation, decision-making, problem-solving

resignation letter with family reason

Resignation Letter with Family Reason

When an employee faces pressing family commitments or emergencies, submitting a resignation letter with a family reason becomes a necessary step. Such letters not only communicate your decision professionally but also maintain good relationships with your employer. Crafting a resignation letter with a family reason requires careful consideration of tone, clarity, and professionalism to ensure a smooth transition and preserve your reputation. In this comprehensive

guide, we will explore the importance of a resignation letter with family reasons, how to write one effectively, examples, and tips to make the process seamless for both you and your employer.

Understanding the Importance of a Resignation Letter with Family Reason

A resignation letter with family reasons is a formal document that informs your employer of your decision to leave the company due to personal or family-related circumstances. It serves multiple purposes:

- Professional Courtesy: Demonstrates respect towards your employer and organization.
- Legal Record: Provides documentation of your resignation, which can be useful for future reference.
- Transition Planning: Allows your employer to plan for your departure and find a replacement.
- Maintaining Relationships: Helps preserve a positive relationship, which can be beneficial for future references.

Key reasons for submitting such a resignation include:

- Family health issues requiring your attention
- Caring for an ill family member
- Family relocation
- Personal family emergencies
- Need to prioritize family commitments or responsibilities

How to Write a Resignation Letter with Family Reason

Writing a resignation letter that effectively communicates your intention to leave due to family reasons involves several steps. Here's a structured approach:

1. Use a Clear and Professional Format

- Include your full name, address, and contact information at the top.
- Date the letter.
- Address it to your immediate supervisor or HR manager with proper designation.
- Use a professional salutation, such as "Dear [Manager's Name],".

2. State Your Resignation Clearly

Begin with a clear statement indicating your decision to resign and specify your last working day. For example:

"I am writing to formally resign from my position as [Your Position] at [Company Name], effective [Last Working Day, e.g., two weeks from the date of this letter]."

3. Mention Your Family Reasons Briefly

Communicate your reasons succinctly and professionally without divulging unnecessary personal details. For example:

"This decision has been driven by urgent family circumstances that require my immediate attention and presence."

4. Express Gratitude

Show appreciation for the opportunities and experiences gained during your tenure:

"I am grateful for the support, guidance, and opportunities I have received during my time at [Company Name]."

5. Offer Assistance with Transition

Express willingness to facilitate a smooth handover:

"I am committed to ensuring a seamless transition and am willing to assist in training my replacement or completing pending tasks before my departure."

6. Close Professionally

End with a courteous closing:

"Thank you for your understanding and support during this time. I look forward to staying in touch."

Sample Resignation Letter with Family Reason

Below is a sample letter to guide you:

> [Your Name]

> [Your Address]

> [City, State, ZIP]

> [Email Address]

> [Phone Number]

>

> [Date]

>

> [Manager?s Name]

> [Company Name]

> [Company Address]

> [City, State, ZIP]

>

> Dear [Manager?s Name],

>

> I am writing to formally resign from my position as [Your Position] at [Company Name], with my last working day being [Last Working Day, e.g., two weeks from today].

>

> This decision has not been made lightly. Due to urgent family circumstances that require my immediate attention and presence, I find it necessary to step away from my professional duties temporarily.

>

> I want to express my sincere gratitude for the opportunities and support provided during my tenure at [Company Name]. Working here has been a valuable experience, and I am truly appreciative of the professional growth I have achieved.

>

> I am committed to ensuring a smooth transition. Please let me know how I can assist in training my replacement or completing pending projects before my departure.

>

> Thank you for your understanding and support during this challenging time. I hope to stay in touch and wish the company continued success.

>

> Sincerely,

>

> [Your Name]

Tips for Writing an Effective Resignation Letter with Family Reason

To ensure your resignation letter is professional and respectful, consider the following tips:

- Be Honest but Diplomatic: Clearly state your reasons without oversharing personal details.
- Keep It Concise: Avoid lengthy explanations; focus on key points.
- Maintain a Positive Tone: Express gratitude and avoid negative comments about the company or colleagues.
- Provide Adequate Notice: Typically, a two-week notice is standard, but adjust based on your circumstances.
- Offer Help During Transition: Show willingness to assist in training or handing over responsibilities.
- Proofread Carefully: Ensure there are no grammatical or spelling errors.

Additional Considerations When Resigning for Family Reasons

Legal and Contractual Obligations

- Review your employment contract for notice period requirements.
- Understand any clauses related to resignation and benefits.

Communication with Your Employer

- Consider discussing your situation informally before submitting the formal letter.
- Be honest about your reasons, which can foster understanding and support.

Handling Sensitive Situations

- If your family situation is urgent or sensitive, frame your resignation with professionalism and discretion.
- Seek guidance from HR if necessary to navigate the process appropriately.

Post-Resignation Relationship

- Maintain professionalism and leave on good terms.
- Keep lines of communication open for future references or opportunities.

Conclusion

Resigning from a job due to family reasons can be a challenging decision, but handling it with professionalism and courtesy can make the process smoother for everyone involved. A well-crafted resignation letter not only communicates your intentions clearly but also upholds your reputation and preserves relationships. Remember to be honest, concise, and respectful, expressing gratitude for your experience while offering assistance during the transition. By following the guidelines and tips outlined above, you can ensure your resignation process is handled gracefully, reflecting your professionalism and integrity.

Keywords for SEO Optimization:

- resignation letter with family reason
- how to write a resignation letter for family reasons
- example resignation letter for family emergencies
- professional resignation letter sample
- resignation letter template for family commitments
- resigning due to family emergency
- tips for resigning professionally
- handling resignation due to family issues

Resignation letter with family reason is a sensitive and often necessary document that employees craft when they decide to leave their current position due to personal or family-related circumstances. Such letters serve as formal communication to employers, explaining the reasons for departure in a respectful and professional manner. When citing family reasons, the tone and content need to balance honesty with discretion, ensuring that the message is clear without oversharing personal details. Crafting a well-written resignation letter with family reason not only facilitates a smooth transition but also preserves professional relationships, which can be beneficial for future references or opportunities.

Understanding the Importance of a Resignation Letter with Family Reason

A resignation letter with family reasons is more than a formal notification; it is a reflection of professionalism and respect toward the employer. It demonstrates your appreciation for the opportunities provided while clearly communicating your need to prioritize family commitments.

Why is it important?

- Maintains professionalism: Even when leaving for personal reasons, a well-structured resignation letter underscores your professionalism.
- Provides clarity: Clearly states the reason for leaving, which can help the employer understand your situation.
- Ensures a formal exit: Serves as an official record of your resignation, which can be important for HR processes.
- Preserves relationships: A respectful letter can help maintain good relationships, potentially benefiting future networking.

Key Components of a Resignation Letter with Family Reasons

A well-crafted resignation letter with family reasons should include several critical components to ensure clarity and professionalism.

1. Clear Statement of Resignation

Begin with a straightforward declaration of your resignation, including your last working day.

2. Mention of Family Reasons

Politely indicate that your decision is driven by family circumstances. You do not need to go into detailed specifics but should communicate the essence of your reason.

3. Expression of Gratitude

Express appreciation for the opportunities, mentorship, and experiences gained during your tenure.

4. Offer of Assistance during Transition

Indicate willingness to help with the handover process to ensure a smooth transition.

5. Formal Closing

End with a respectful closing statement and your signature.

Sample Structure of a Resignation Letter with Family Reason

Below is a simplified structure with sample language to illustrate how to compose such a letter.

[Your Name]

[Your Address]

[City, State, ZIP]

[Email Address]

[Phone Number]

[Date]

[Recipient Name]

[Company Name]

[Company Address]

[City, State, ZIP]

Dear [Recipient Name],

I am writing to formally resign from my position as [Your Position] at [Company Name], effective [Last Working Day, typically two weeks from the date].

This decision has not been easy and is driven by pressing family circumstances that require my full attention and presence. Due to these personal reasons, I have decided it is best for me to step away from my professional responsibilities temporarily. I appreciate your understanding and support regarding my situation.

I want to take this opportunity to thank you and the entire team for the invaluable experience, mentorship, and camaraderie I have enjoyed during my tenure. Working here has significantly contributed to my professional growth, and I am grateful for the opportunities provided.

To facilitate a smooth transition, I am committed to completing my current projects and assisting in training my replacement if needed. Please let me know how I can be of help during this period.

I hope to stay in touch and look forward to crossing paths in the future. Thank you once again for your understanding and support.

Sincerely,

[Your Name]

Tips for Writing a Resignation Letter with Family Reasons

When drafting your resignation letter with family reasons, keep in mind the following tips to ensure your message is respectful, clear, and professional:

- Be Honest but Discreet: You don't need to share detailed personal information; a brief explanation suffices.
- Keep the Tone Respectful: Even if your reasons are sensitive, maintain a respectful and positive tone.
- Be Concise: While you want to explain your reasons, avoid lengthy justifications; clarity is key.
- Express Gratitude: Highlight positive experiences to leave a good impression.
- Offer Assistance: Show willingness to support the transition process.
- Follow Company Policies: Be aware of any formal procedures or notice periods required by your employer.

Pros and Cons of Including Family Reasons in a Resignation Letter

Pros:

- Honesty and Transparency: Providing a genuine reason fosters understanding and trust.

- Personal Closure: Clearly stating your reasons helps you emotionally and professionally move forward.
- Maintaining Good Relations: Respectful communication can preserve relationships for future networking.
- Legal or HR Clarity: Formal documentation with reasons can be useful for HR records or future references.

Cons:

- Potential Misinterpretation: Employers may misinterpret or judge the reasons negatively.
- Privacy Concerns: Sharing personal family details may feel intrusive.
- Impact on References: In rare cases, the reason might influence future recommendations.
- Company Policies: Some companies prefer a simple resignation without detailed explanations.

Alternative Approaches to Communicating Family Reasons

While a formal resignation letter is standard, sometimes verbal communication or a more personalized note can be appropriate, especially if you have a close relationship with your employer.

- Verbal Conversation: Discuss your reasons directly, followed by submitting a formal letter.
- Email Resignation: Less formal but still professional; suitable for remote or less formal workplaces.
- Personal Note: Handwritten letter for added sincerity, particularly in close-knit environments.

Legal and Ethical Considerations

When including family reasons in your resignation letter, remember:

- Privacy: Protect your personal privacy and avoid oversharing sensitive family details.
- Truthfulness: Be honest about your reasons without fabricating information.
- Non-Discrimination: Ensure that your reasons are not perceived as discriminatory or problematic.
- Company Policies: Adhere to contractual or HR policies regarding resignation notices.

Conclusion

A resignation letter with family reason is a vital document that communicates your departure professionally while providing context for your decision. By articulating your reasons thoughtfully and

respectfully, you can leave your current position on good terms, preserving relationships and maintaining your professional reputation. Remember to tailor your letter to your unique circumstances, balancing honesty with discretion, and always expressing gratitude for the opportunities you've had. Whether you choose to include detailed explanations or keep it brief, the goal is to ensure clarity, professionalism, and a smooth transition. Properly handling this process can benefit you both personally and professionally, paving the way for future opportunities and positive references.

End of Article

Question How should I address family reasons in my resignation letter? You can briefly mention family reasons by stating that you are resigning due to personal/family commitments without going into detailed specifics, maintaining professionalism and privacy. **Is it appropriate to include family reasons in my resignation letter?** Yes, if you feel comfortable, including family reasons can provide context for your resignation. Keep the mention brief and professional to maintain a positive tone. **Should I discuss my family reasons with my employer before submitting the resignation letter?** It's respectful to have a conversation with your employer about your decision before submitting the letter, especially if you are comfortable sharing the reasons, but it is not mandatory. **How can I ensure my resignation letter remains professional while mentioning family reasons?** Focus on expressing gratitude, state your reason briefly, and offer to assist with the transition, keeping the tone respectful and concise. **Are there any legal or contractual considerations when resigning due to family reasons?** Generally, resigning due to family reasons does not have legal implications, but review your employment contract for notice period requirements or other obligations. **What is the ideal notice period when resigning for family reasons?** Follow your employment contract or company policy, typically providing at least two weeks' notice, but consider giving more time if possible to facilitate a smooth transition. **How can I handle a situation where my family reasons require urgent resignation?** In urgent cases, communicate your situation honestly with your employer, and provide as much notice as possible, offering assistance with handovers remotely if feasible. **Should I seek legal advice when resigning due to family reasons?** Usually, legal advice is not necessary unless there are complex contractual or legal issues; otherwise, straightforward resignation letters suffice. If unsure, consulting an employment lawyer can be helpful.

Related keywords: resignation letter, family reasons, quitting letter, resignation email, leave of absence, personal leave, family emergency, formal resignation, resignation template, professional exit

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