

the regret-me-not list

regret finder-o-matic

- Do you spend more time at work than you're required?
- Is there a dream job you've always wanted to apply for?
- Is there a business you've always wanted to start?
- Are you living a life someone else wants you to live?
- Is there something you really want to do, and the only thing holding you back is what someone else might think?
- Do you need to spend more time with anyone?
- Are you putting as much into your most important relationships as you'd like?
- When you are with the people you love, are you fully present?
- Are you spending too much time on drama and needless arguments?
- Is there a tradition you've been meaning to start with loved ones?
- Is there something you want to teach your kids or grandkids?
- Is there someone from your past that you need to reconnect with?
- Is there someone you want to ask out on a date?
- Is there someone you want to ask a favor of?
- Are you happy with the people you hang out with the most?
- Is there someone you need to stand up to?
- Is there something you need to stand up for or speak up about?
- Do you need to tell someone you love them?
- Is there someone you need to forgive?
- Is there someone whom you need to ask for forgiveness?
- Do you need to forgive yourself for something?
- Do you spend too much time comparing yourself to someone else?
- Do you act like the awesome person that you are?
- Do you take yourself too seriously? Are you having enough fun?
- Are you traveling as much as you'd like?
- Are you happy about the choices you've made about your health?
- Are you currently making a practical choice over the one you really want?
- Have you given up on something too soon? Are you forcing something?
- Are you waiting until you're ready? Are you waiting for permission?
- Are you waiting to give back?
- Are you waiting to be happy later?
- Are you limiting yourself?
- Are you risking enough?
- Are you settling?
- Are you listening to your intuition?
- Are you currently sharing your best gifts with the world?
- Are you taking action on your biggest dream?
- What would you do if you knew you would not fail?

You can't change the past. You can't sail into the bright future in front of you if you're anchored to the "if onlys" of the past. Use any sadness you have over past regrets to fuel a change. You can't change the beginning of your story, but you have control over the ending. If you're still breathing, there's still story to be told.

Would you rather have a life of "oh wells" or a life of "what ifs?"

- top 5 regrets of the dying**
by Bronnie Ware
1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.
 2. I wish I didn't work so hard.
 3. I wish I'd had the courage to express my feelings.
 4. I wish I had stayed in touch with my friends.
 5. I wish I had let myself be happier.

"Think of yourself as dead. You have lived your life. Now take what's left and live it properly." --Marcus Aurelius