



The Time is Now

Embrace Every Moment: Exercise

Life Planning Exercise 25 – No Regrets

Sadly, most people die with regrets about their lives. This is often the result of living a life that was not filled with passion and meaning. *The Time Is Now* Mindset reminds us that dreams only come true when we take *purposeful action*. Success requires that we do small but significant things every day to take steps on the path toward the lives of our dreams. This will ensure our lives are full and we have no regrets.

Five of the most common regrets people express are written below. Begin to think about these now, and again frequently throughout your life, and you will be able to take the steps necessary to avoid and eliminate regret. In the spaces below, identify some actions you can begin taking to prevent these kinds of regrets in your own life.

Five common regrets:

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 hadn't worked so much.
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.

Example: I will find work that I love and am passionate about. I will start planning for this today. My work will be more than work; it will be part of my life's purpose.

No Regrets Action 1

No Regrets Action 2

No Regrets Action 3

No Regrets Action 4