

**HOW TO LIVE LIFE
WITH ZERO REGRETS...
AND LOVE EVERY MINUTE!**

CHECKLIST

- Have I reflected on my core priorities, values, and beliefs?
- Do I let my priorities, values, and beliefs guide my decisions?
- Do I follow the *Golden Rule* with everyone I come into contact with?
- Once I've made my decision, am I focused on implementation?
- Do I avoid the temptation to procrastinate?
- Do I take the time to plan my work and work my plan?
- Am I a solution-seeker when challenges arise?
- When opportunities come my way, do I seize the day?
- Am I constantly making good memories?
- Do I strive to let go of the past and move on?

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SELF-REFLECTION WORKSHEET

Do you have feelings of regret that you'd like to release from your mind? This worksheet will help you create a custom plan to overcome the negative emotions associated with regret.

For each of your regrets, reflect on the questions to work through your feelings.

1. List your regrets.

2. Why do you regret it?

3. How is it affecting your present life?

4. What can you do *today* to improve the current situation?

5. How will you feel when you've released your regrets?
