



# How to Live Without Regret

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It's hard to keep regret out of your life. No matter where you find yourself today, there's a chance that you'll have certain things you wish you did differently. When you strive to look at your situation with a different perspective, you'll **gain a better understanding about life and you'll learn to live without regret.**

While you won't be able to completely eliminate regret in your life, you can take steps to reduce it. Strive to keep your life organized and live your life *your way*.

## Establish Your Priorities

One way to begin living without regret is to sort out your priorities. Ask yourself what ultimate goal you're working towards. Are you happy with where you are and where you're going? If you're living your life according to plan and you're happy, then you have nothing to regret.

If changes need to be made, taking small steps may be of help to you. Once you've made decisions that you're comfortable with, you may feel as if a weight has been lifted from your shoulders. This is regret leaving your life!

## Live By the Golden Rule

Everyone can benefit by living his or her life with the golden rule in mind. The golden rule is known in all of the world's religions. It's special because it's a concept that we can all agree on, despite our differences.

Simply stated, the golden rule is: *"Treat people the way you'd like to be treated."* If you do this, you'll definitely keep your regrets to a minimum. You'll be learning how to treat people with kindness no matter what. You'll be learning how to ***treat people fairly*** and you'll gain empathy. When you put yourself in someone else's shoes before you act, you'll be less likely to engage in an act that you'll regret later.

### **Take Swift Action**

The next step is to take swift action in your life. You only have one life and ***the time is now***. If your goals are clear and you know what you want, what are you waiting for? A common regret is *not* doing the things that are truly important to them. You need to do these things instead of putting them off until tomorrow!

Have you always wanted to start your own business? Start one! Would you like to get back in touch with your father? Do it! Yes, it's difficult, yet it's also simple once you've made the commitment to act.

### **Spend Time with Loved Ones**

***Spend all the time you can with your loved ones.*** If they live far away, visit when you can and call often.

Make time for your immediate family by scheduling dinners together or family nights out. Delve deep into the relationships you have with your family. A common regret is sticking to surface topics when it comes to your family. Find out the hopes, fears and even regrets of your family members. Sharing your regrets can be another way of coming to a resolution!

### **Forget Regret**

Ultimately, it always comes down to the fact that ***you can't change the past no matter how hard you try, nor how often you think about it.*** All you can do is take action *now* to change what happens in the future.

Regret clouds our current thinking and stands in the way of a happy future. But you have the power to blast through regret and move forward with your life!