

HELLO

my name is

Regret-Free!

How to Live Life
With ZERO Regrets...
And Love Every Minute!

C H E C K L I S T

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?