

HELLO

my name is

*Regret-Free!*

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

WORKSHEET

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

**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?

---

---

---

---

---

---

6. Create some affirmations that encourage you to think positively when you're reminded of your regrets.

**TIP:** These affirmations should be positive, personal (use the word "I"), and in the present tense, as if you already possess this ideal.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

7. Envision yourself without this regret. Include a description of you physically, mentally, and emotionally letting go. *How does it feel?* Make this meditation detailed and clear. Envision this meditation every day and feel the relief.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

8. How can you begin to *live in the moment* during your every day routine? Implement these solutions today.

**EXAMPLES:** Begin your day with a morning walk to clear your mind and enjoy nature. Fully experience the beauty of the dawn or sunset. Start a gratitude journal.

---

---

---

---

---

---

---

---

---

---

---

---