

Regrets are inevitable. They stem from our nature to question the course our lives have taken. It becomes more apparent when we feel unhappy with where we are in life. These feelings of disappointment can be found in our careers, parenting, relationships and even in decisions we've made about our health. Sometimes we regret the choices or actions we DIDN'T take – or the paths not chosen.

Regret can chip away at our mental health making us unable to enjoy life and appreciate the good things we have in front of us. It can make us bitter and blameful. *Is that how we want others to see us? Do we want to waste today living for yesterday? What can we do with today? How can we move on?* We can use the lessons we've learned to help others and serve as reminders to avoid making similar choices in the future. Stay in the moment. Avoid fixating on the past and think positively! **Treat each new day as a beginning and realize that though we may have a plan for life, life may have a different plan for us.** If we think about it, is the grass ever greener on the other side?

Do you have any REGRETS?

What are your shoulda, coulda, wouldas?



Imagine... each new day being a chance to change your life... for the better!

— From Pondering to Practice —

Activity:

We can acknowledge the grip regrets have on us and the effect it has on those around us by vocalizing them. This helps us get closer to accepting them. Get it up and get it out!

Try This – Pity Party

- In a group have each member write down some of their regrets (big and small).
- Go around the room and ask each member to share one or more of them aloud.
- Follow up the regret by completing this statement: "I am letting go of this regret because..."
 - This will help to acknowledge the effect it may have on themselves and others.
- Now flip it around. Don't think of them as mistakes.
- *What lessons have you learned?*

**Every party has a celebration – even a pity party.
Celebrate the lessons learned and where you are now!**

Reflection:

What regrets in your life have helped to shape who you are today?

- *What lessons did you learn from them?*
- *How were you able to move past them?*

Are there other regrets you cannot seem to move past?

- *Are you able to vocalize them?*
- *Are you able to make amends?*
- *What is standing in the way to putting them behind you?*

"There are no mistakes or failures, only lessons."

- Denis Waitley