

### Deathbed Regrets

We will all have some deathbed regrets, true, but it is so much better to say, “I wish I would have traveled more.” than to say, “I wish I would have traveled.”

Pause for a moment. While unpleasant in the short term, it is worth pondering:

If I knew I’d die in one hour, what are three things I would regret not having done?

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

Once you have come up with three, continue to ponder this. Refine those answers. The first ones you think of may not be the top three. Sure, I would like to make more money too. But according to my family who has worked in hospice and friends who are nurses, the most common deathbed regrets they hear are: (1) not staying in touch with old friends and forever family, (2) not asking someone out, and (3) not completing a work of passion, be it performing a song, writing a book, or starting a company—even if they knew it would have failed miserably!

Others I’ve heard are: Being true to myself. Expressing my needs and seeing them as equally valuable. Being content with what I have. Not working so much. Taking better care of my health.

And the most common of all? There is one I have heard more than any other. It is vexing, peculiar, and hits close to my own bones. They lay on their deathbed, a bed we all shall one day be upon, and stammer in pain the words:

“I wish I would have allowed myself to be happier.”

After pondering this, and maybe even sleeping on it, refine your list above. Then, below, write three steps you are going to take in order to trade regret for glory.

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

I hope we all one day look back and say, “Yes, I regret a few things, but I am so thankful I gave myself permission to shine.”

If applying this helps improve your life, then look for more resources at:

[www.EmotionalManagement.org](http://www.EmotionalManagement.org)