

# Regret Prevention Worksheet

Inspired by Leap Retirement

## Step-by-Step Guide

Step 1: Write down 5–10 experiences you’ve always dreamed of doing in retirement.

Step 2: Next to each experience, ask yourself: “Would I regret not doing this?” Jot down your honest answer for each.

Step 3: Place a ★ next to the top 3 experiences that stir the most emotion or excitement within you.

Step 4: Share your completed list with your spouse, financial advisor, or a trusted friend for feedback, encouragement, and accountability.

## Worksheet

List Your Retirement Dreams

- |           |                                      |
|-----------|--------------------------------------|
| 1. _____  | Would I regret not doing this? _____ |
| 2. _____  | Would I regret not doing this? _____ |
| 3. _____  | Would I regret not doing this? _____ |
| 4. _____  | Would I regret not doing this? _____ |
| 5. _____  | Would I regret not doing this? _____ |
| 6. _____  | Would I regret not doing this? _____ |
| 7. _____  | Would I regret not doing this? _____ |
| 8. _____  | Would I regret not doing this? _____ |
| 9. _____  | Would I regret not doing this? _____ |
| 10. _____ | Would I regret not doing this? _____ |

Star the top 3 experiences that stir the most emotion:

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

## Remember

- A high net worth doesn’t equal a well-lived life.
- A well-lived life is filled with connection, purpose, and yes — a little adventure.