

✨ Regret-Proofing Retirement – Free Worksheet: 5 Insights to Overcome Regret

🧠 Insight #1: Regret thrives on comparison.

We imagine alternate lives that look better—but those lives are fantasy.

Take Action: List 3 things in your life now that wouldn't exist if you'd made a different choice.

🧠 Insight #2: Regret comes from not honoring our past selves.

You did what you could, with what you had, and what you knew.

Take Action: Write a short letter of compassion to your younger self. What would you say to them if you were their coach?

🧠 Insight #3: Regret magnifies what we lost, not what we gained.

Even painful choices often lead to strength, resilience, or wisdom.

Take Action: Name 1 way you've grown because of a past decision you regret. How has that helped you today?

🧠 Insight #4: Regret deepens when we stay stuck.

If we keep reliving the past but take no action in the present, the story never changes.

Take Action: Identify 1 thing you can do this week to resolve, repair, or release the regret.

🧠 Insight #5: Regret fades with purpose.

When your *why* is strong, the past loses its grip.

Take Action: What legacy do you want to create in your retirement years? Write one sentence that describes it.

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