

EPISODE 139: HOW TO AVOID THE 5 LIFE REGRETS**1. I WISH THAT I LET MYSELF BE HAPPIER**

- Happiness is a serious business.
- John Milton, English poet: “The mind is its own place, and in itself can make a heaven of Hell, a hell of Heaven.”
- Marci Shimoff, “Happy for No Reason”
 - 95% of the thoughts you have today are the same ones you had yesterday. (habitual)
 - 80% of those thoughts are negative!
- Dr. Daniel Amen, world-renowned brain imaging specialist calls these ANTs. (Automatic Negative Thoughts.)
 - Don't believe everything you read, hear, or think.
 - Capture your thoughts or your thoughts will capture you.
- Make a choice to laugh, have a light heart, be grateful.

2. I WISH I'D STAYED IN TOUCH WITH MY FRIENDS

- Don't wish it. Do it.
- Take action: pick one friend and reach out.

3. I WISH I'D HAD THE COURAGE TO EXPRESS MY FEELINGS

- Instead of expressing themselves, they too often stayed silent to keep peace.
- Resulted in a mediocre existence and not becoming who they were capable of becoming.
- Resulted in illnesses related to bitterness and resentment.
- What holds us back? FUD. Fear-Uncertainty-Doubt.
- Learn skills on how to speak up and be candid.

4. I WISH I HADN'T WORKED SO HARD

- Most joys and regrets had nothing to do with careers, but with their parents, children, spouses, and friends.
- When asked about the happiest moments, elderly adults said it was when a spouse was alive and children were young and living at home. Even though those times were the most stressful, they were also the happiest.
- Avoid toxic stress, but there is a positive form of stress.

5. I WISH I'D HAD THE COURAGE TO LIVE A LIFE TRUE TO MYSELF, NOT THE LIFE OTHERS EXPECTED OF ME.

- Wes Linden, “When it comes to writing the story of your life, who is holding the pen?”
- Don't let others file the flight plan for your life.
- Go back to school, start a new career, find new talents or hobbies, find a new social network.
- Be authentic.

Sources mentioned in this episode:

The Five Top Regrets of the Dying by Bronnie Ware

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