

REDEEM YOUR REGRETS



FOLLOW-ALONG GUIDE

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COACHING

MODULE 1: IDENTIFY YOUR REGRETS

Regrets are a **UNIVERSAL** experience...

Most **COMMON** regrets:



MODULE 1 ASSIGNMENT:



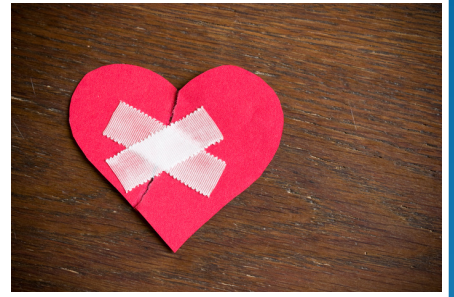
**Identify
your regrets!**

Make a list of all your regrets, big and small.

You might choose to approach this chronologically, looking at the phases of your life, beginning in childhood and working your way until the present day.

You could also look at the various areas of your life and reflect on your regrets in that area. Such as education, work, friendships, connection, family.

MY REGRETS



Daniel Pink's

4 Core Categories of Regrets:



FOUNDATION REGRETS

BOLDNESS REGRETS

MORAL REGRETS

CONNECTION REGRETS

What value or need does each type of regret reveal?

THE DEEP STRUCTURE OF REGRET

	What it sounds like	The human need it reveals
Foundation	If only I'd done the work.	Stability
Boldness	If only I'd taken the risk.	Growth
Moral	If only I'd done the right thing.	Goodness
Connection	If only I'd reached out.	Love

Credit: The Power of Regret, Daniel Pink 2022



MODULE 2 ASSIGNMENT:



Sort your regrets!

Your module 2 assignment is to sort your regrets into foundation, boldness, moral, and connection regrets.

The easiest way to do this is to go back to the list you created in module 1 and tag each regret with the letter corresponding to the type of regret:

- F for foundation regrets
- B for boldness regrets
- M for moral regrets
- C for connection regrets

Then list your regrets by type on the next pages. Do you see any patterns? What value or need do your types of regrets reveal?

MY REGRETS, SORTED



My Foundation Regrets:



My Boldness Regrets:

MY REGRETS, SORTED



My Moral Regrets:



My Connection Regrets:

3 Steps to Process Your Regrets:

1

2

3

STEP 1: UNDERSTAND

Ask yourself...

1. What did you not know?
2. Who could you not be?
3. How did you do your best?



STEP 2: LEARN

Ask yourself...

1. What meaning can you make?
2. What did this teach you?
3. How did this change you?



STEP 3: ACT

Decide to...

1. Make it right
2. Focus on what matters most
3. Take conscious action



MODULE 3 ASSIGNMENT:



Process your regrets!

Your module 3 assignment is to begin to process your regrets using the 3-step method I laid out today.

I suggest you do this in writing, and focus on your biggest regrets, the one that gnaw at you on a more regular basis. Use the following sheets to help you.

Keep in mind this type of processing is a labor of love and may take quite some time, over a period of days, weeks, or months. Be patient and gentle with yourself.

And for deeply rooted regrets, do consider seeking help from a trained psychotherapist.

REGRET: _____

STEP 1: UNDERSTAND

1. What did you not know?
2. Who could you not be?
3. How did you do your best?

REGRET: _____

STEP 2: LEARN

1. What meaning can you make?
2. What did this teach you?
3. How did this change you?

REGRET: _____

STEP 3: ACT

1. Make it right
2. Focus on what matters most
3. Take conscious action

Don't let regrets define your past.
Use them to design your future.



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Here's to you making peace with
your regrets and harnessing them
for good!

Hugs,

Helene