

TRANSFORMING

REGRET

the worksheet

BY LARA BUELOW



TRANSFORMING REGRET

Learn more about regret research with [*The Power of Regrets*](#) by Dan Pink and [*The Top Five Regrets of the Dying*](#) by Bronnie Ware.

Choose one regret to reflect on and write about it extensively below.

Write the story of your regret. What happened?

What's the worst part?

What did this regret teach you?

Have you made decisions in your life differently based on this regret? How?



TRANSFORMING REGRET

If a friend shared this story with you, what would you tell them?

How can you forgive yourself for this regret?

How can you build a richer life moving forward based on what you have learned?

What would old you be proud of in new you?



YOU DID IT!

High Five! Wading through regrets isn't usually on the top of people's list of fun things to do in your spare time. But you're here taking action and digging into this really challenging exercise. That deserves to be celebrated, just sayin.'

And, this is just the beginning. Now it's time to start implementing all the amazing ideas you came up with, which can feel overwhelming. That's totally normal, these are really big things. But remember, you don't have to do it alone. I'm here to help.

As a certified Designing Your Life coach, these are the things I help people with every day. If you'd like to chat about ways we could work together to bring the ideas you've laid out in this workbook to life, book a call at larabuelow.com.

Supporting individuals just like you with their habits, goals, and significant life transitions is the core focus of my work.

BOOK A CALL

ABOUT THE AUTHOR

As a certified coach and professional life designer, Lara Buelow is a catalyst for transformation. She specializes in guiding professional women through powerful career transitions, empowering them to become their most effective, fulfilled selves. With a talent for helping clients get unstuck and reignite their passions, Lara infuses her coaching with a contagious zest for life. She firmly believes that joy and purpose should be integral to success, encouraging clients to have more fun, chase their dreams, and rediscover their sense of purpose.

Hailing from picturesque Germany and sunny California, Lara blends nature's inspiration with coastal vibrancy in her coaching. Leading creative programs remotely, her wisdom transcends boundaries.

Lara's clients uncover not just career clarity but also a renewed sense of self, equipped to navigate life's twists and turns. If you're ready to transform your career and embrace a purposeful, fun-filled life, Lara Buelow is the coach to light your path to success. Lara can be reached at larabuelow.com.

