



**Avoid Regret:  
Self Reflection  
Worksheet**

# Avoid Living with the Pain of Regret

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## Self-Reflection Worksheet

Do you have feelings of regret that you'd like to let go of so you can move on? This worksheet will help you with a custom plan to overcome these negative feelings. For each of your regrets, reflect on the questions to work through your feelings.

1. List one regret that is keeping you stuck.

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2. What exactly is the cause of your regret?

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3. How is it affecting your present life?

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4. What one thing can you do today to make the current situation better?

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5. Create one affirmation that encourages you to seek a positive thought, instead, when you're reminded of your regret. This affirmation should be positive, personal (use the word "I"), and in the present tense as if it is already a reality.

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