

#YESREGRETS

module 1: lesson 1

Do you want to greet your deathbed with no regrets? Then you must face them now!

The #noregrets culture has a major flaw. By denying our regrets, we deny ourselves the chance to learn and grow. Every regret we hold is a marker, showing us where we were not living authentically. Instead of denying them and ignoring them, FemPossible women learn to lean into them. To truly feel them. To learn from them. Then to release them.

For today's homework, list out at least your top 10 regrets.

Next to each regret, list the EMOTIONAL loss you suffered because of this decision.

Lastly, list the EMOTIONAL gain you were hoping for, in making this decision.

Dig deep. Be honest.

Regret

Loss

Gain

