



Regret starts with statements like, "If only ...".

Well-wishers will tell you that you wouldn't be who you are today unless exactly what happened happened.

Well I'm not too sure about that!

Perhaps the truth is closer to *you couldn't have done anything different from what you did*. As soon as the choice was made, you can't pretend that you could have chosen something else.

Life is like a horse race; you can't go back to the window, and tell the bookie you actually wanted to bet on a different horse!

You can only guess at what you'd be today if your life would have unfolded differently. So you may as well regret nothing, and focus on what's possible now.

Maybe you don't regret the far past, and have come to terms with what's happened in your life. You may even be mildly addicted to phrases like *what's done is done* or *it is what it is*.

But what about regrets from yesterday? The infamous morning after when you wake up and consider the impact of your daily decisions, actions, and words.

Maybe you don't want to get out of bed! But the alarm goes off, and you hear a song playing nothing's going to get me down, and then in a moment of creativity you jump out of bed, and make a plan to scatter regrets, allowing them to seed a new idea.

The promise of fulfillment boils down to two questions you can consider to scatter regrets whether you're working to transform your relationships, your performance at work, or the conversations you have in your head!

1. What do you need to stop? Stop moving forward in a direction that doesn't take you where you want to go.
2. What do you need to start? Start moving forward in a direction that does!

Stop waiting to stop what doesn't work. What are you waiting for?

- The right time?
- The will power?
- Conditions to change?

Yesterday's regrets live in the past. Creativity lives in the present. Start now, not tomorrow, today ... and you'll get off the regret train and onto the fulfillment train.

My love goes with you as you work with this Uplifting Moment.