

# REDEEM YOUR REGRETS



FOLLOW-ALONG GUIDE

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**COACHING**

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## MODULE 1: IDENTIFY YOUR REGRETS

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

Most **COMMON** regrets:



## MODULE 1 ASSIGNMENT:



Identify  
your regrets!

List all your regrets, big and small, on the next page.

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
<b>Foundation</b>	If only I'd done the work.	Stability
<b>Boldness</b>	If only I'd taken the risk.	Growth
<b>Moral</b>	If only I'd done the right thing.	Goodness
<b>Connection</b>	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.

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 worksheets 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:

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## STEP 1: UNDERSTAND

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

## STEP 2: LEARN

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

## STEP 3: ACT

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

# REGRET:

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## STEP 1: UNDERSTAND

1. What did you not know?
2. Who could you not be?
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1. What meaning can you make?
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## STEP 3: ACT

1. Make it right
2. Focus on what matters most
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# REGRET:

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## STEP 1: UNDERSTAND

1. What did you not know?
2. Who could you not be?
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## STEP 2: LEARN

1. What meaning can you make?
2. What did this teach you?
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## STEP 3: ACT

1. Make it right
2. Focus on what matters most
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**Don't let regrets define your past.  
Use them to design your future.**



## **NEED SUPPORT?**

Sign up for a 1-on-1 coaching session with me, available to you at a discounted price. Go to this course's home page to schedule.

## **GET YOUR FREE GIFT!**

I'd love your feedback on this course! Please complete the survey in the final module and receive your Certificate of Completion (and a thank you gift from me!).



## WANT TO CONTINUE ON YOUR PERSONAL GROWTH JOURNEY?

Check out the many courses available to you now (more coming soon) in our Courses Portal, and support charitable causes while you're at it!

Go to [MyTurnToThrive.com](https://MyTurnToThrive.com).



# Thank you!

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

*Helene*