



MONDAYS

with Mike

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Things no one wants to regret when they're older

Marc and Angel Chernoff shared the following items that actually help us change our future by avoiding regrets. They are beautifully simplistic, which makes them full of wisdom.

1. Not spending enough time smiling with the people you love. While drive and focus are important, so are soccer games, family dinners and making memories with those you love.
2. Holding a grudge. Grudges are a waste of perfect happiness. Forgiveness and second chances are liberating.
3. Fulfilling everyone else's dreams instead of your own. Have the courage to live a life true to you, not the life others expect of you.
4. Not being honest about how you feel. Give yourself permission to feel a full range of emotions and express them honestly and appropriately.
5. Being irresponsible with your finances. Spend less than you make. Say yes to the things that matter by saving on the things that don't.
6. Getting caught up in needless drama and negativity. Stay out of other people's drama so that you can simplify life and reduce stress.
7. Spending time with people who make you unhappy. Life isn't about pleasing everybody. Take responsibility for your own happiness.
8. Never making a difference in the lives of others. Do things that are greater than you – things that help someone else be happy or suffer less.
9. Failing because you were afraid to fail. Take a deep breath, break the spiral of over-analysis, make an educated guess on the next logical step, and take it.

This week, pick one or two and start your journey toward "no regrets!"

Have a great week!

