

5 Choices I'm Making At 32 to Avoid Regret When I'm 72:

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Top 5 Regrets of the Dying:

- 1.** "I wish I'd had the courage to live a life true to myself, not the life others expected of me."
- 2.** "I wish I hadn't worked so hard."
- 3.** "I wish I'd had the courage to express my feelings."
- 4.** "I wish I had stayed in touch with my friends."
- 5.** "I wish that I had let myself be happier."

Source: "Top 5 Regrets of the Dying" by Bronnie Ware

1. Focusing on my relationships

We are in the midst of a loneliness epidemic.

And more bad news—loneliness is as lethal as smoking 15 cigarettes per day.

How I'm fighting it:

- Reconnecting with one friend per week
- Scheduling more time with people I love
- Focusing on being fully present

2. Cutting out alcohol

There was a point in my life when I felt
I needed alcohol to:

- Have fun with friends
- Enjoy dinners out
- Be more social

I realize now the negatives far outweigh the
"positives" I thought I was getting from it.

3. Building my business

One of the top indicators of life satisfaction is a feeling of control over your life.

Money can't buy happiness. But it sure as hell can buy the flexibility to pursue things that you find meaningful.

My advice:

If you're unhappy—don't quit your job. Instead, dedicate 1-2 hours per day to slowly build something over the next 3-5 years.

4. Choosing to be happy

Yes, happiness is a choice.

Viktor Frankl (Holocaust survivor) said:

“Everything can be taken from a man but one thing: to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

Allow yourself to be happy now.

Or risk dooming yourself to chase it forever.

5. Fixing my posture

Ok, hear me out.

Everything compounds.
Including poor posture.

Sure, sitting hunched for a day might not have much impact.

But let's see how you feel after 20 years.

Highly recommend this book:

“Built to Move” by Kelly & Juliet Starrett

Action Step:

Take 10 minutes.

Look at the list on the 2nd slide.

Write out the things you're doing now
to avoid a life of hardship down the road.

What could you add to enrich your life?

What could you remove to streamline it?