



Episode 123: How to Live With No Regrets

with Georgina Scull

Can you say for sure that at the end of your life you'll have no regrets?

We all live life at such a pace, and are so preoccupied with getting things done, and with potential future problems that we can overlook the present. In this episode, author and podcaster Georgina Scull joins Rachel to share her advice on embracing change and living a life free of regrets.

If you know you need to make significant changes in your life, this episode is for you. Don't let your fears or expectations hinder you from living the life you want.

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Guest links

[Regrets of the Dying](#) by Georgina Scull

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Quote to Remember:

'As long as we're living and breathing, there's always a chance for change.'

What You Will Learn

As you read this, your mind may be wandering. Perhaps you're preoccupied with work or are already thinking about tomorrow's to-do list.

Do you ever wonder why it's so easy to get caught up in the rat race of life when finding time to breathe is so tricky? We are often so engrossed in piles of work and rigid schedules that we forget to appreciate what we have. This activity will allow you to take a step back from these stressful situations and find out what's holding you back from making the necessary changes.

This exercise will assist you in overcoming the obstacles that may be impeding your willingness to change. It'll help you reflect on your goals and priorities and align them with your current actions. With this, you'll soon be able to make significant changes that will lead to a happier, more fulfilling life.



Activity: Creating Meaningful Changes

Q1. Life is a series of choices you make. Think of three regrets you've had in life thus far. What lessons did you learn from them?

Regrets	Lessons Learned



Q2. List three things you'd like to do. What's keeping you from pursuing them?

1.

2.

3.

Q3. How will you overcome the stumbling blocks you mentioned in Q2?



Q4. List 5 short-term and 5 long-term goals.

Short Term Goals	Long Term Goals

Q5. Choose one short-term and one long-term goal from the ones you've listed, and make a plan about how you will achieve them, taking into account your current situation.

Q6. Self-reflection is an essential tool for personal development. Fill in the blanks in the table below with the aspects of your life that make you unhappy. Then, figure out what needs to be changed.

	What Makes Me Unhappy	What I Need to Change
Health		
Family and Relationships		



Career		
Spirituality or Religion		
Recreation		
Personal Development		
Finance		

Q7. Being grateful for what we have keeps us grounded.

What are some of the things you cherish and are thankful for? It can be anything: a person, an activity, or even things!

1.

2.



3.

4.

5.

6.

7.

8.

9.

10.

Q8. One of the most common causes of stress is spreading yourself too thin. Think of four ways in which you could set boundaries around work to make time for self-care, family, and friends.

1.



2.

3.

4.

Q9. Monitor how you spend your time during a day. Write the things you enjoy and don't enjoy doing.

Day	I Enjoyed...	I Didn't Enjoy...

Q10. From what you've noticed, determine the changes you need to make to your routine



CPD time claimed:

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