



Regret #1: ***"I didn't spend enough time with the people I love."***

No Regrets: **PRIORITIZE LOVED ONES**

1. Identify the people who matter most.
2. Schedule time with them before life fills your calendar.
3. Be fully present when you're together with them.

Regret #2: ***"I worked too much and missed out on life."***

No Regrets: **WORK TO LIVE**

1. Work faithfully because work is a gift and a calling.
2. Rest regularly because you are a human being, not a machine.
3. Refuse to make work your master because only God deserves that place.

Regret #3: ***"I let fear control my decisions and didn't take risks."***

No Regrets: **ACT DESPITE FEAR**

1. "Name the boat." Name the place of comfort or predictability you've been clinging to.
2. Listen for Jesus' invitation. Pray: *"Jesus, where are you calling me to trust you more?"* Then pay attention to His answer.
3. Take one faithful step. Not a leap. Not a five-year plan. Just one step.

Regret #4: ***"I wish I'd been braver in the face of uncertainty or opportunity."***

No Regrets: **EMBRACE THE UNKNOWN**

1. Look in the rearview mirror to allow your missed opportunities to shape your response to future opportunities.
2. Look in the windshield to see the opportunities before you now but get clarity from God before pursuing. Don't charge ahead of God.
3. Look around the bend to the opportunities you can't see yet, being mindful of what matters most to God and what matters most to you.

Regret #5: ***"I focused too much on the future and lost touch with the present."***

No Regrets: **LIVE THE MOMENT**

1. Be faithful to today, not obsessed with tomorrow.
2. Don't let anxiety steal holy interruptions. That unplanned moment in your life might be exactly where God wants to work.
3. Trust God with your future so you can be present now.

***"Teach us to number our days, that we may gain a heart of wisdom."*** Psalm 90:12 (NIV)