



JOURNAL PROMPTS

EXPLORING REGRETS



What do you regret?

What decisions or actions do you regret from the past? List them here.



Don't wallow in regret. There is gain to be made from every mistake; lessons to be learned and knowledge to be garnered. Use the following pages to explore this.

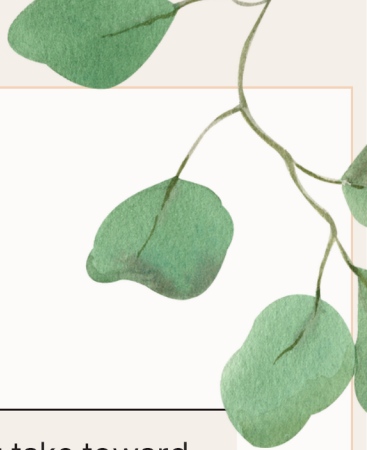
Why do the regrets weigh heavy on you?

How have these decisions and regrets impacted your life and relationships?



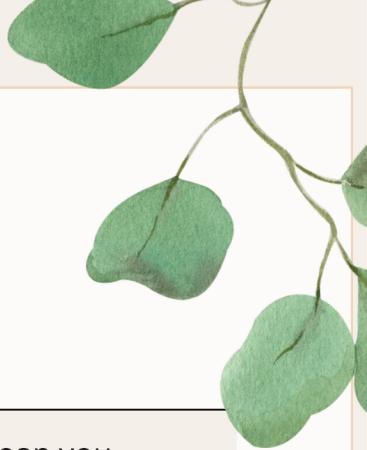
What lessons have you learned from these experiences?

If you could go back in time how might you have done things differently?



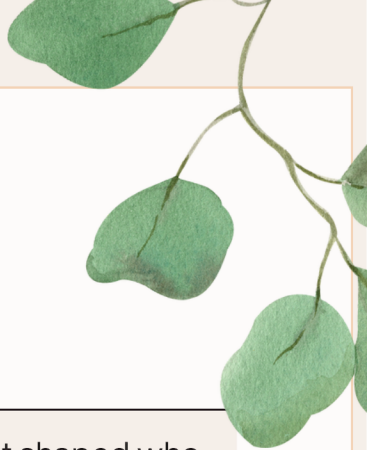
Have you forgiven yourself for these regrets? If not, what steps can you take toward self-forgiveness?

How can you use the regrets as motivation to make better choices in the future?



Are there any patterns or recurring themes in your regrets? What can you learn from them?

How do you cope with your feelings of regret? Are there healthy ways you can process and move forward?



What are some positive aspects of the regretful experiences? How has it shaped who you are today?

Write some positive affirmations below. Some examples are: "I forgive myself for my past mistakes" or "I have learned lessons from the wrong decisions I have made".
