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Thread: [Turning your regrets into your goals?](#)

DoctorFaraday - September 21, 2024, 8:01 pm

While I understand the fundamental flaw in the logic itself. There are some things that cannot be fixed, nor corrected.

However we'll choose to only focus on what we can control, and what we can within the realm of possibility make happen.

What do you think about this premise?

If we wrote down 10 regrets we had that we could possibly change, and then picked 1 that we could make happen in the next week.

Transfer it over to a new piece of paper, and write down those steps, and execute them as many times as we need to to achieve it.

DemoTester - September 21, 2024, 8:13 pm

You're expressing a sense of realism and self agency. some things are out of our control but keep moving forward on what we can change and influence. Practical and balanced life logic

Eran - September 24, 2024, 2:28 am

This is an interesting perspective. Not going to practice it myself as my "regrets" are shaping me into the person I want to be, it's refreshing to see something new.

Ivanka Trump - September 24, 2024, 5:59 am

(Sep 24, 2024 02:28 AM)Eran Wrote: [\[CITE\]](#) This is an interesting perspective. Not going to practice it myself as my "regrets" are shaping me into the person I want to be, it's refreshing to see something new.

I'd disagree cause really "regrets" are bad to have.

If you at a certain period of your life did something that you at that time thought it was the best decision you could make, then why would you have regret?

But I certainly agree that regrets, or failures & wrongdoing can shape you into becoming a better version of yourself.