



---

# Your Daily Practice

## Episode 28

### The Power of Regret with Daniel Pink

---

Looking back on your life, what do you wish you had done differently? Regrets are difficult to avoid. We all have them. But when we look at them with self-compassion we can learn and grow from them. Choose an important domain of your life where you have regrets. Write about the four categories of regret in this area.

#### Practices to try this week

- 1. Foundational Regrets.** Have you chosen short-term gain, despite cumulative negative consequences?
- 2. Boldness Regrets.** When did you fail to step up, speak out, or act bravely?
- 3. Connection Regrets.** What important relationships have you neglected?
- 4. Moral Regrets.** When have you acted in ways that went against your beliefs and values?