

Reflection Worksheet

Regret as a teacher



Part 1: Naming Regret

Take a moment to acknowledge the weight of regret. Write down three regrets that weigh on you the most. Be gentle with yourself as you explore these feelings.

Regret 1:

What do I wish I had done differently?

Regret 2:

What do I wish I had done differently?

Regret 3:

What do I wish I had done differently?

Part 2: Finding the Lesson

Each regret carries a valuable lesson. Explore what each regret is trying to teach you.

Regret 1:

What is this regret teaching me?

How can I carry this lesson forward?

Regret 2:

What is this regret teaching me?

How can I carry this lesson forward?

Regret 3:

What is this regret teaching me?

How can I carry this lesson forward?

Part 3: Reframing

Choose one of your regrets. Rewrite it as a lesson statement. This is about transforming a feeling of negativity into a guide for positive change.

Example:

Regret: I regret not speaking up in that meeting.

Lesson Statement: I will practice asserting my voice in professional settings.

Reframed Lesson:

Part 4: Gentle Action

What small action can you take *this month* to honor the lesson you've learned? Some suggestions include having a difficult conversation, writing a journal entry to explore your feelings, setting a boundary, or sharing a moment of honesty with someone you trust.

Action:

Closing Ritual

Sit quietly for one minute. Whisper: '*Regret is not my enemy. It is my teacher.*'

Affirmation Card Set: Lessons from Regret

Print these affirmations and keep them where you will see them often. Let them serve as gentle reminders of your strength and resilience.

1. I honor my voice, even when it trembles.
2. Regret shows me where courage belongs.
3. I choose honesty over silence.
4. Every shadow carries a lesson of light.
5. I release what I cannot change, and carry forward what I have learned.
6. I trust my gut and follow its wisdom.
7. I am not defined by regret—I am guided by it.