



TESS Newsletter

Accordance to Article 7
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Episode 126

“ Turning Possibilities into Realities ”

Building a Global Movement for Change [UNSG]: The Promise (part 58)



"Working Hard at Working Smart" (part LXXIV)

2015: Raising The Bar: Living Life to the Fullest:

20 Deathbed Regrets



Somebody should tell us, right at the start of our lives, that we are dying. Then we might live life to the limit, every minute of every day. Do it! I say. Whatever you want to do, do it now! There are only so many tomorrows.

Pope Paul VI

The future we want: The Promise: The Force Beyond

These 20 Regrets From People On Their Deathbeds Will Change Your Life

By Kyle B. Hart

You're going to die someday.

Perhaps the 5 most powerful words ever spoken to me. No matter how immortal we feel waltzing through life's ups and downs, we all must someday stare death in its devious eyes as we reflect on our lives. Life is complex, sure. That's a given. But if you really ponder for a moment, it can be boiled down to 2 feelings you'll most likely be met with on your deathbed:

Triumph or regret.

Thankfully, every day is a great day to get better. Every day is a perfect day to change the track of your life, to reroute the potentially destructive path of a life wasted.

What better place to start than people in their final days:

1. I wish I wouldn't have compared myself to others.

Everyone struggles with this, but there's nearly nothing that's so detrimental to fulfillment. Instead of comparing yourself to your friends, family, or idols, reflect on how far you've come as a person, even if it's just the person you were yesterday.

2. I wish I'd taken action and dove in head first.

I'll let you in on a little secret: there is no "right way." So many people are paralyzed by the idea of what they want to be because they worry it won't happen as quickly as they want. Well, it won't. But what's worse than dedicating time to your dream each day and seeing snail-like progress? A life wasted doing things you don't want to.

3. I wish I'd tuned the world out more.

Everyone around you tries to dictate what you are or who you should be, but you let them. No one needs to validate your worth besides yourself, and you will someday deeply regret if you spend your life pleasing the world around you. Don't worry about pleasing your parents, friends, or bosses. You need to worry about number 1 first and foremost. Always.



4. I wish I didn't wait to "start it tomorrow."

Excuses are plentiful because they're so easy to make. You will always find reasons to validate your inaction, and this is a common cause of deathbed regret. The things you want to do tomorrow can effortlessly turn into things you wish you did 50 years ago.

5. I wish I'd taken more chances.

The fear of rejection or failure dissipates in the face of death. The pretty girl you didn't ask out on a date, the job you didn't apply for because you felt under qualified, or the business you believed in but didn't start will weigh heavier on your shoulders than falling flat on your face and learning.

6. I wish I would have kept going.

Even if you are brave enough to take the chance, failure happens. Where this failure can turn into major regret, however, is a decision to quit. When you let the pressure of falling short overcome your love for your endeavor, you lost. Keep going.



7. I wish I'd told others how much I love them.

Everyone wants to feel appreciated, but very few are willing to tell others how much they appreciate them. So often we are wrapped up in gaining love but fail to give it to the ones we care about most. Tell them often, before it's too late.

8. I wish I was content with what I have.

Be it more money, more recognition, or more options, we always want more of something. Very few are able to take an honest step back and recognize that what they have is more than enough. It's always good to want more from life, but it's essential to truly appreciate what you have.

9. I wish I took better care of my body.

Today's society tells us that "taking care of yourself" is synonymous with a chiseled six pack. This is by no means true. Making healthy choices is important in all facets of life, not just physical exercise. Not eating junk food, not smoking a pack of cigarettes a day, and not drinking every weekend are 3 pretty easy ways to start.

10. I wish I'd listened to others more.

Everyone thinks they're right all the time and everyone has opinions that they sometimes force on others. It's alright to have them, but it's more important to have the ability to listen. Even if you don't agree with the point of view, challenge yourself to hear others without passing judgment.

11. I wish I'd have not held that grudge.

It's discouraging when someone hurts you, especially if that person means a lot to you. But harboring grudges hurts you in the long term more than it did initially.

12. I wish I'd have traveled more.

People often mistake that "traveling" has to involve a foreign country and a couple thousand dollars. Phooey. Jump in the car, drive an hour to a nearby city, and explore something you haven't before. Don't jail yourself in your house because of erroneous notions of what it means to travel.

13. I wish I'd have laughed it off.

You take yourself far too seriously. Heck, we all do. One of the major regrets people have in life is simply taking life too seriously. Bad things are bound to happen, sure. But they're pretty much always not as bad as we make them out to be in our head. And isn't life way more fun if we're chuckling along with it?



14. I wish I'd left work at work (for only 40 hours per week).

Humans are hard wired to work and provide for the ones they love. However, this often comes at the expense of our loved ones because we spend so much stinking time wrapping things up at the office or putting in a couple hours emailing on the weekends. Here's a newsflash: your job is going to still be there and exist when you die, but it'll be someone else in the seat neglecting their family instead. Don't let that happen.



15. I wish I stayed in touch with friends.

It's normal for people to fall out of touch, but often it's a result of a "they didn't call me so they don't miss me" mentality. If you truly miss someone and are wondering how they're doing, chances are the other party is feeling the same way. Be the first to call, write, or visit. You'll be glad you did.

16. I wish I was more aware of the real world around me.

I don't believe this is a huge concern for people currently on their deathbeds, but for the millennial generation this will be a huge regret. We're constantly plugged in everywhere we go. This encourages us to unconsciously ignore the beauty that surrounds us every day. Unplug and look up. You'll be more satisfied with what you find than whatever drama Shandra is starting on Facebook.

17. I wish I had more confidence in myself.

Everyone is self-conscious, especially those who appear very cocky and sure of themselves. A big mistake people make in life is not truly believing in their own ability. It's such a shame because it's so easy. Only you need to validate your worth.

18. I wish I trusted my intuition.

That little voice in the back of your head is there for a reason. Sadly, for many of us that voice can be self-defeating and quite harsh about life. There are, however, many other occasions where that voice is the megaphone for the heart, telling you what you truly desire and deeply want. Listen to it.

19. I wish I ran with a better crowd.

Choose to believe this or not, but you are a direct result of the people you surround yourself with. If you run with idiots, chances are high you will become one. The beauty of life is that we have the conscious choice on who we spend our time with and what we spend our time doing. I can't speak for you, but I seek people who will always challenge, encourage, and push me grow.

20. I wish I walked the walk.

Far too many people are good at vocalizing the life they want, but are horrendous at putting a plan into action to get there. It's not enough to dream out loud, or quietly in your head. You must absolutely need to put yourself out there and leap into action. We can all relate to the struggles and battles that life brings, but that doesn't mean we have to roll over and take it. It's tough, sure, but anything that's worthwhile is. It really comes down to a simple choice: struggle for fulfillment now or wish you did in your final moments alive. Only you can decide.

Nobody gets to live life backward. Look ahead, that is where your future lies.

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The journey continues...