



TESS Newsletter

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Episode 125

“ Turning Possibilities into Realities ”

Building a Global Movement for Change [UNSG]: The Promise (part 57)



"Working Hard at Working Smart" (part LXXIII)

2015: Raising The Bar: Living Life With No Regrets



“Life is too short to wake up with regrets. So love the people who treat you right. Forget about those who don’t. Believe everything happens for a reason. If you get a chance, take it. If it changes your life, let it. Nobody said life would be easy, they just promised it would most likely be worth it.”

Harvey MacKay

The future we want: The Promise: The Force Beyond

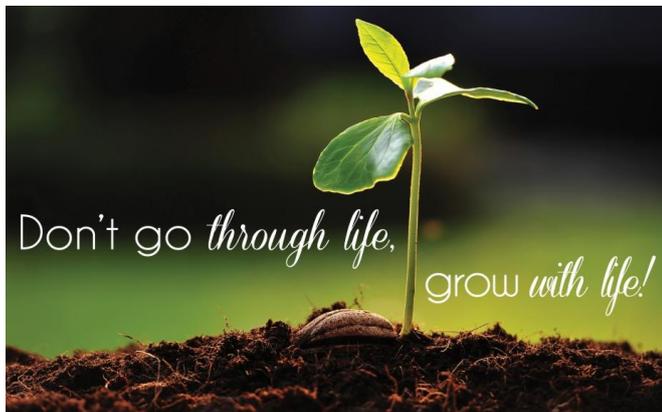
How To Live Life With No Regrets

By Craig Dewe

I'd imagine getting to the end of your life and realizing you have regrets is one of the most difficult feelings ever. To know that you've had your shot and there's no way you're going to get your life to live over again. That's why it's so important that you don't miss out on opportunities along the way or fail to achieve your dreams.

Despite this desire, most people reach the end of their life with a ton of regrets. Today we're going to look at how your mindset will ensure you live life with no regrets.

In the process always remember that "You have not lived today, until you've done something for someone who can never repay you". *John Bunyan*



Get Clear On What You Want

You probably have a rough idea of **what you want to achieve in your life**. While this will change over time it's important to always keep it in the front of your mind. If you have random wishes and never put any focus on achieving them then it's likely you're going to regret this later.

However **if you know what you want and prioritize it in your life then you're much more likely to achieve it**. If you want to become a millionaire then go and find out what millionaires have done to achieve their goals and follow that path. If you want to be in a loving relationship then work out what character traits your ideal partner is likely to desire and start developing them in yourself.

And remember that **you're in control of your entire life**. No one is going to hand you your goals, dreams and wishes on a silver platter. If you want something then you have a responsibility to yourself to go out and make it happen.

Enjoy The Journey

Our society has become very results orientated and this can result in a lack of fulfillment in life. **Happiness is not a goal that you reach**. It's a state that you can choose to live in every day no matter what's going on around you.

When you have things that you want to achieve in your life it's important to remember that the end goal can be very disappointing if you approach it the wrong way. The key is to realize that **the joy of life comes from the journey, not reaching the destination**.

If you really want to become an excellent piano player then it's not about amazing an audience. **It's about the joy you feel** when you're playing the piano. Sure **many days will feel frustrating** but all people who have achieved great things fall in love with the journey to get what they want.

Failure Is An Option (And It's Necessary)

The people with the most regrets in life are those that are afraid to fail.

Nothing is achieved without failure at some point along the road. Therefore if you're only going to take the easy road and try to avoid failure then you're setting yourself up for a life of regrets.

No one likes failing, making a mistake, saying the wrong thing or rejection. However they're **a natural and necessary part of the process called life**.



The people who are successful in living their lives with no regrets are the ones that fall down 9 times and get up 10. There is simply no other way to get what you want.

Be Open To New Opportunities

You have to **be open to all the new opportunities around you**, investigate them and see if they are something you want to add to your life. Famous hockey player Wayne Gretzky was famous for saying: *“You miss one hundred percent of the shots you don’t take.”*

The same is true for opportunities. Every time you turn down your friends who want to try some new activity you are missing out on an opportunity. Every business idea you don’t examine, every attractive person you don’t approach is another opportunity that’s disappearing.

Once you’ve investigated the opportunity that doesn’t mean you have to take it further. But you never want to be the person who reaches the end of their life saying “I wish I’d started a business” or “I wish I’d told that person how I really felt.”

What This Looks Like In Real Life

While learning the piano you’re going to spend years making mistakes; **it’s called learning.** This process applies to anything and everything you want to become skillful at.

While becoming a millionaire you’re going to go through business failures, rejection and a ton of mistakes. Millionaires aren’t the people who hit it lucky. **They’re the ones that kept going until they got what they wanted.**

Great relationships don’t come from movies where the stars align and you meet the perfect person. Great relationships come from two people who constantly evolve to become that perfect person for their partner on a daily basis. **They work on themselves to be the best partner they can possibly be.**

You Get To Choose Your Ideal Life

If you want to live a life free of regrets then simply decide what you really want and go out and get it. Continue striving, pushing, working and driving until you get what you want in your life. Don’t let anything or anyone hold you back.

And enjoy the process... isn’t that why we’re put here on this earth after all?

“It is better to be hated for what you are than to be loved for what you are not.”

André Gide

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The journey continues...