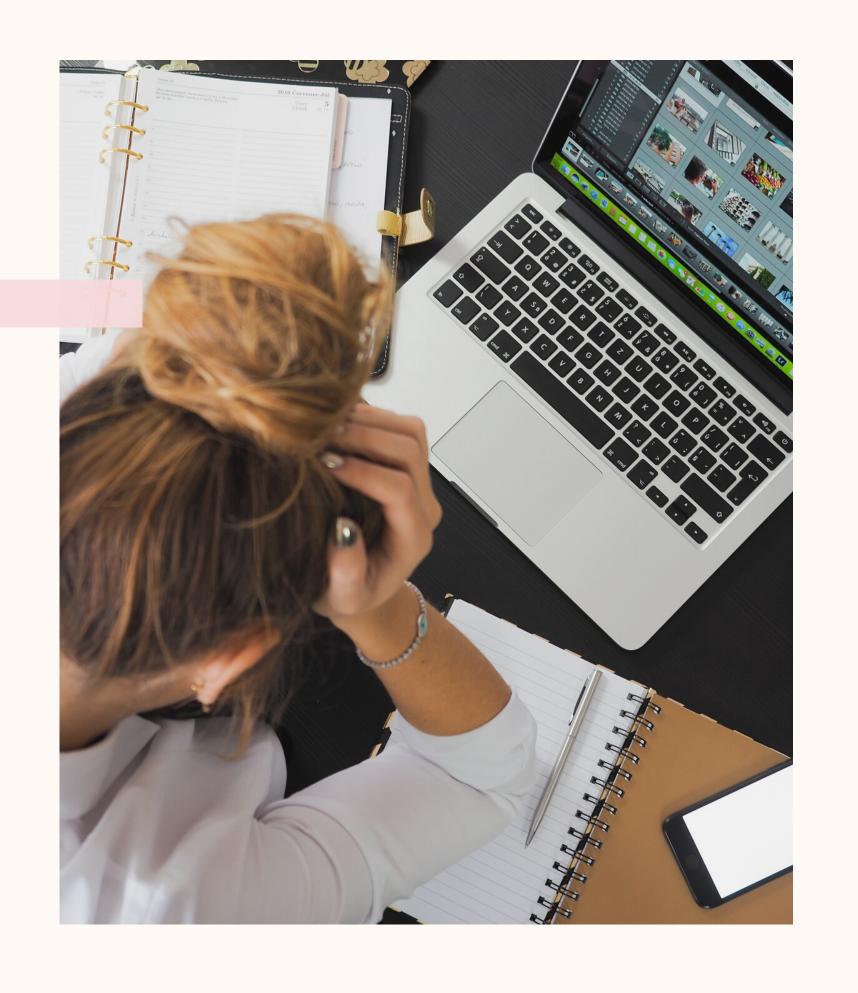


Discover Two Simple Ways You Can Banish Regret

Reflecting on your life's decisions helps you come to terms with what went wrong in your life.

Created by Linda St Mart www.pause2win.com

The First Step To A 'Regret-Free' Life Comes From Accepting That You Will Make Mistakes As You Build Your Business.



And That's Okay
Because We Learn The
Most From Solving
Our Mistakes.

You Will Learn How To Grow Your Business By Fixing Problems. REGRETS ARE TRIGGERED BY THINGS THAT WENT WRONG.

BUT YOU LEARN THE MOST WHEN THINGS GO WRONG

Created by Linda St Mart





The Second Step Is To Re-frame Your Past By Re-Telling Your Life Stories.

DON'T PRETEND THAT YOUR LIFE DIDN'T TAKE A BAD TURN. INSTEAD FIND MEANING IN THE EXPERIENCE.

DID IT BOOST YOUR DETERMINATION?

ARE YOU STRONGER BECAUSE OF IT?

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Never Regret. If An Experience Is Good, That's Wonderful. If It's Bad, It's A Beautiful Lesson Learned.

Linda St Mart Coaching Women Through Tough Times

