



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.

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?

www.pause2win.com



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

