

The Power of Regret

by Daniel H. Pink

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Classify one regret**

Write one regret as an 'if only' sentence, then label it foundation, boldness, moral, or connection. The label tells you what value needs protection next.

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⁰² **Write the at-least bridge**

Add one honest 'at least' sentence that does not excuse the past but gives you enough stability to learn from it.

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⁰³ **Make a future rule**

Turn the regret into a decision rule: next time I see this pattern, I will do this specific behavior within twenty-four hours.

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⁰⁴ **Repair one connection**

Send a simple message to someone you regret drifting from: one memory, one honest line, one open door, no pressure for a perfect reply.

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⁰⁵ **Archive the lesson**

Close the loop by writing what the regret taught you, what you can still repair, and what you will stop punishing yourself for.