

Bold Book Notes – The Top Five Regrets of the Dying by Bronnie Ware

Top 5:

1: I wish I'd had the courage to live a life true to myself, not the life others expected of me

Be BOLD to first: take stock of how things are going. Do you like how things are? If so, keep doing those things. If you don't, don't be afraid to do things differently, speak up and say 'enough' if those things don't serve you. Give yourself permission to not do things the same way as your parents did, as your friends/community are doing.

Be BOLD and "have the courage to live a life true to your own heart, not the life others expect of you". - Ware

2: I wish I hadn't worked so hard

Be BOLD enough to not let your role define you. Understand that being a good person is more than enough in life – NOT kicking ass at a career or being the ultimate stay at home mom. Be BOLD enough/ confident enough to deny the need to be recognized through your achievements, your kid's achievements, your material possessions, your house, your wardrobe, your car, etc. Pursuing those things takes time away from the real things: time with those you love, time doing things we love.

Be BOLD enough and confident enough to NOT CARE WHAT OTHERS THINK OF YOU. (and how you parent)

3: I wish I'd had the courage to express my feelings

Be BOLD and take the time to let those close to you know how you feel about them. Do not take it for granted that they know you love them, accept them, approve of them and what they are pursuing/doing. Tell them, show them, shamelessly and often. This is especially important for fathers to do with their kids. A powerful example? *"You, (my son or daughter), are already enough. You have nothing to prove. There is nothing you need to do or to have to become a better person. I love you completely. Being your father/mother has brought my life great joy."*

4: I wish I had stayed in touch with my friends

Be BOLD enough and confident enough to make time for and invest in your friendships. *"You imagine your friends will always be there. But life moves on, and suddenly you find yourself with no one in the world who understands you or who knows anything about your history."* Understand that being social, and having social connections leads to a longer, happier life. But you need to put in the work to make those friendships grow strong and stay strong. Do not think of social time with your friends as a luxury, or something you can put off later. It is essential self-care. Avoid being lonely for like-minded company of people your own age. Your children can not fill this void. Only friendships can. *"A little time with friends reminds you of who you are"*



be STRONG ✨ be HAPPY ✨ be **BOLD** ✨ be YOU

when you are not Mom and Dad (or Grandma or Grandfather).” “Friendship is about being accepted as who you are, not as who someone else (children, partner, sibling, parents) want you to be.”

5: I wish I had let myself be happier

Be BOLD enough and confident enough to give yourself permission to be happy. Be BOLD to believe that you DESERVE happiness. Happiness is NOW. If you are unhappy, take time to figure out WHY. Then take steps to seek out the happiness that you deserve. NO MOMMY-MARTYRS ALLOWED. Do not be a victim of your own choices.