

# Regrets

May 15

There once lived a woman named Regret. She spent every waking moment absorbed in her sad past.

Regret was an example of pride in reverse. She came to regret even her own breath. Her world was dark, hopeless, and suffocatingly small. Her only thoughts were: *Who cares? Why bother?* and, *What's the point?*

One day she came to see the painful reality that her best thinking made her sicker and more hopeless with each passing day.

Fortunately, this woman had a change of perspective. She opened her heart and saw the futility of her thinking. Driven to desperation by the realization, she understood that she had to act and take drastic, life-saving action and see her life as if it were a glass half-full.

She got rid of each negative thought. She called friends to share how much she loved them, asking for forgiveness and help. She then committed to writing a gratitude list each day.

Regret had cast a shadow over everything about her life. After the transformation, she shared how she had never been this happy and how she never wanted to lose this feeling.

Imagine, this entire transformation began and ended with a change in her thinking!

## TODAY'S MEDITATION

Dear God, thank you for giving me the courage to change my negative thinking one day at a time.

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“The bitterest tears shed over graves are for words left unsaid and deeds left undone”—Harriet Beecher Stowe  
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