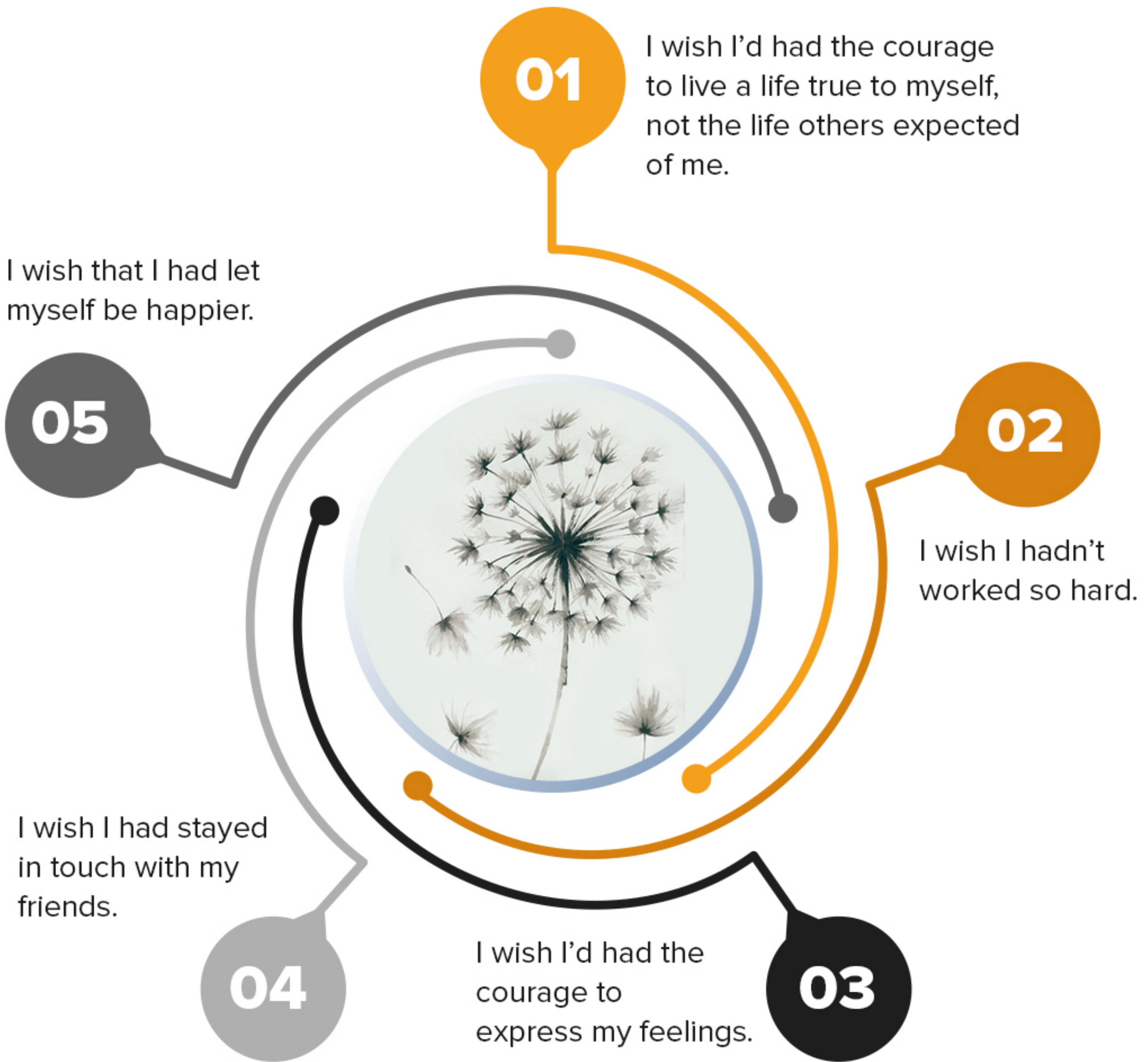


TOP 5 REGRETS OF THE DYING

Bronnie Ware, an Australian nurse who used to work as a palliative carer, noticed a pattern after several years attending to her patients thoughts and feelings on their deathbed. She then wrote the bestselling book "Top 5 Regrets of the Dying".

The common themes that often surfaced were:



Select one of the 5 regrets that might need your attention and make a commitment to work on its prevention over the next year.

Happy living!