

Don't complain, remember the 16 things to do to live a life without regret

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1. These are 7 common mistakes that prevent you from achieving your life goals
2. Why should we know when to be silent and when to speak?
3. If you are a happy and successful person, never say 10 sentences!

One of the most popular economic books, " *The Entrepreneur's Guide To Getting Your Shit Together*, " written by **John Carlton** , tells a memorable story that Carlton saw when he was at San airport. Francisco. The story is as follows:

" Most of the flights were canceled because of a major storm, but there was one merchant who insisted that he needed to go to the place. He grumbled, screaming and cursing at the staff. Poor at the airport until his face turned red . and suddenly he fell to the ground, his hands clutching his chest, he had a heart attack and died on the spot. "

The main purpose of this unfortunate story is that the man will surely regret his behavior in the last moments of his life. We are all concerned because small things are insignificant when there are so many wonderful things in life that we should focus on.

Ralph Waldo Emerson once said:

" With the past, I have nothing ?? có; không có v?i future. I live now ."

" With the past, I have nothing to do; so is the future. I am living for the present ."

If you want to live a life without regret, the following 16 things will help you get started now.

Find the main purpose of life



Finding the main purpose of life seems like a distant request but always in you. Believe that you are on the right track and think about what makes you the happiest - things that shake your heart and make you feel. According to Thoreau once said:

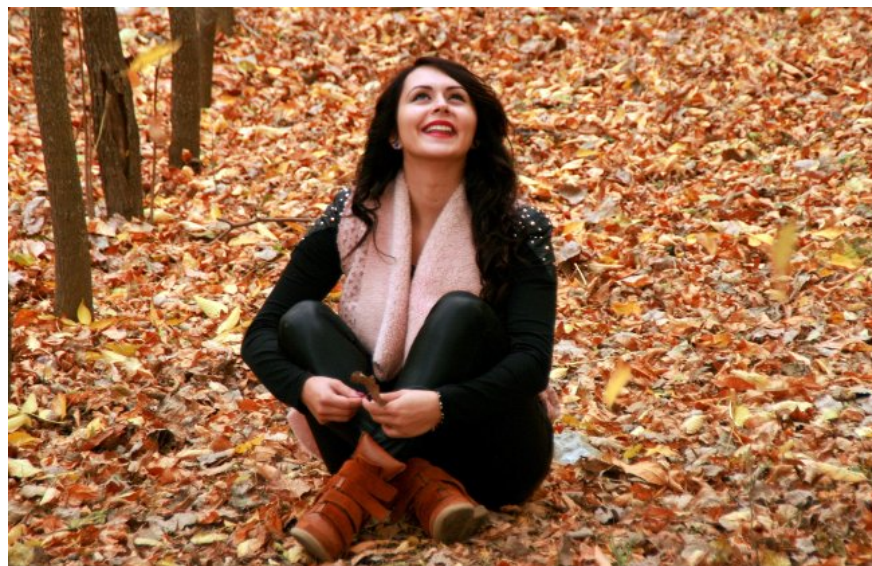
" Go confidently in the direction of your dreams ."

" Confidently follow the instructions of dreams ."

Stop playing the victim

This is indeed a harsh truth: **Life is inherently unfair** . It will knock you out at the most unexpected time, then leave you in the mud. You can choose to be a victim of the situation or you can stand up and keep walking. Just simple as that.

Don't make excuses



Do not let yourself make " *excuse* " words. The excuse is not the reason. The reason is reasonable and firm, but the excuse is not. There is a difference between them. Do not listen to negative words from anyone else. Take responsibility for your actions, think for your own decisions and enjoy life because your life is yours.

Do not waste time

Time is the most valuable asset for each person. So don't waste it. One of the biggest regrets of people is how they distribute time. If you want to live life without regret, ask yourself a simple question: " *Is this the best way to use time?* "

Leave the safe area



To live life without regret, you need to be brave and adventurous. No one can achieve great things by sitting and living in a safe area.

Discard unnecessary friends

This is a difficult but undeniable thing that in life there are still some people who are hindering you. Choose how to spend most of your time with positive people. People who are pessimistic, negative thoughts only pull you down.

See also: 10 things "true" friends never do

Imagine it



Trying to imagine what you are thinking about will turn into reality? Creative imagination is one of the effective tricks for releasing mental energy. You are holding a wonderful gift - the ability to create with the brain. So take advantage of it.

Spend time with family and friends

Relationships in life are one of the keys to happiness. In the book: "*The Top Five Regrets of Dying: A Life Transformed*" by Dearly Departing, one of the greatest regrets of everyone is not spending time with regular friends. To live a life without regret, spend more time with the people you love.

Live for the present



Yesterday was the past, tomorrow is a mystery and today is a gift, that's why in English it is called "*present - present*" (*word play, "present" both means present and means a gift* . These explanations help you understand!

Ask questions

Assumption is one of the most dangerous things in the world. Don't assume. Ask yourself questions.

Do what you like



There are many people who are " *stuck* " in the work they hate. If it is you, do it. Start a job you are passionate about. If you still have difficulty finding what you want to do, ask yourself.

See more: If trying forever still fails, maybe you have made 13 mistakes!

Take care of yourself

Health is an invaluable gift. Take care of yourself and start eating healthy foods instead of miscellaneous things. Get up and move, because **sitting too much will kill you** - literally.

Non-stop learning



One of the secrets to living life without regret is learning everything possible, including different topics. You will understand the most unbelievable things if you are willing to take the time to search.

Helping others

Helping others to get what they want is key so you can get what you want. The world not only revolves around me. Make the world better and life will reward you with worthy results.

Focus on small things

One of the favorite quotations of many people is:

" C?nh báo b?ng các thành viên l?n h?n và ???c gi? l?i không ???c h? tr? v?i s? k?t n?i Sudden, nh?ng chúng, trong khi chúng t?p tin companions, ?ã ???iling upward trong s? th?i gian. "

" The height achieved and sustained by the great people is not achieved through a single flight but those people work hard to develop at night while their peers are in deep sleep. "

--- **Henry Wadsworth Longfellow** ---

Take small steps so that each day can get closer to your destination. These little things come together and will become a resounding success if you repeat it.

Believe that the path you are going is right

At the end of the book " *The Count of Monte Cristo* ", Count Edmun Dantess says one of the most memorable lines in history:

" *All human wisdom is contained in these two words: 'wait' and 'hope.'* "

" *All human intelligence contains two words: 'waiting' and 'hope'.* "

If you think and hope to be born to do something great, then you probably are!

See also: [21 biggest regrets of each person looking back on life](#)

Having fun!

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