

Veronica Edmond



*Coulda  
Shoulda  
Woulda...*

# Regret

How to  
Release  
Regret and  
Embrace Your Best Life☀

# *How to Release Regret and Embrace Your Best Life!*

# Regret

## *Greetings*

Hi! I'm Veronica and I am so glad you've signed up for this free guide on how to let go of past regrets so you can live inspired, happy and fulfilled in the next chapter of your life.

If you are a woman of "a certain age" you are blessed among women because God has gifted you with a life of divine favor, wisdom and longevity. You are to be commended for your achievements, career success, raising a beautiful family and fulfilling some of your wildest dreams, goals and passions. For this reason, I believe midlife really is more about celebration than crisis. Many of us have experienced life disruptions at later stages in life such as divorce, serious illness, job loss, death of parents or the empty nest, but none of these things define who we are. In fact, YOU define and decide what this season looks like for you.

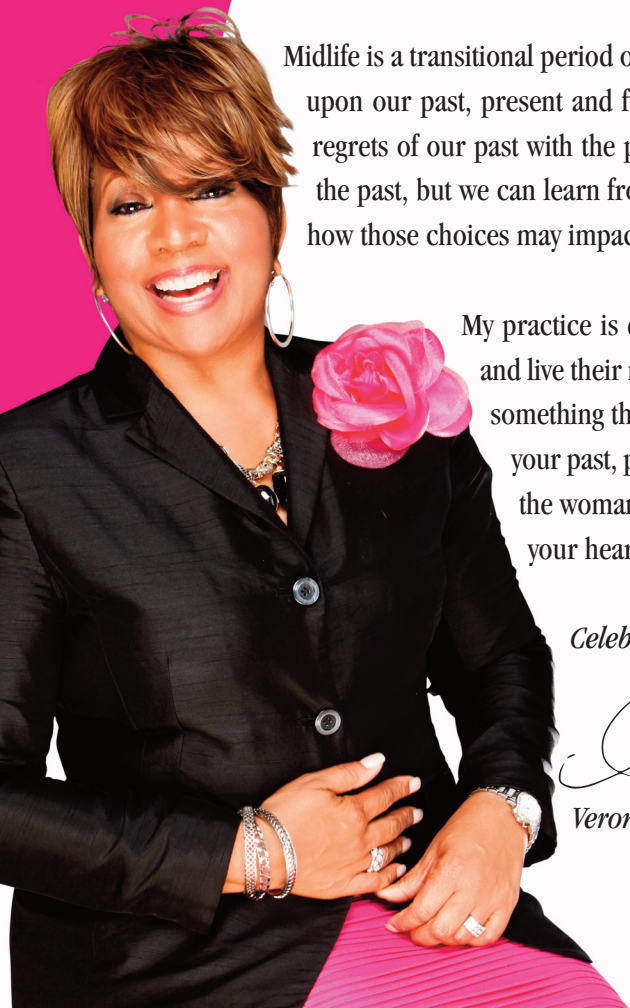
Midlife is a transitional period of life when relationships and roles are changing. It is also a time of deep reflection upon our past, present and future self. It is typically a time when we contemplate our lives and ruminate the regrets of our past with the proverbial questions of *Coulda? Woulda? Shoulda?* Unfortunately, we can't change the past, but we can learn from our mistakes and be intentional about the choices we make going forward and how those choices may impact our lives and the people we love.

My practice is dedicated to celebrating, uplifting, and empowering women in midlife to flourish and live their most authentic and audacious life. My prayer is that within these pages you will find something that resonates with you, something that will trigger a change for you in how you view your past, present and future life, and for what lies ahead on your amazing journey to becoming the woman God created you to be. You already have the wisdom within to achieve everything your heart still desires...I'm here as a guidepost pointing the way.

*Celebrate Life!*



*Veronica Edmond*



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*Have You Ever?*

*Have you ever thought, "If only I had the chance to do it all over again?"*

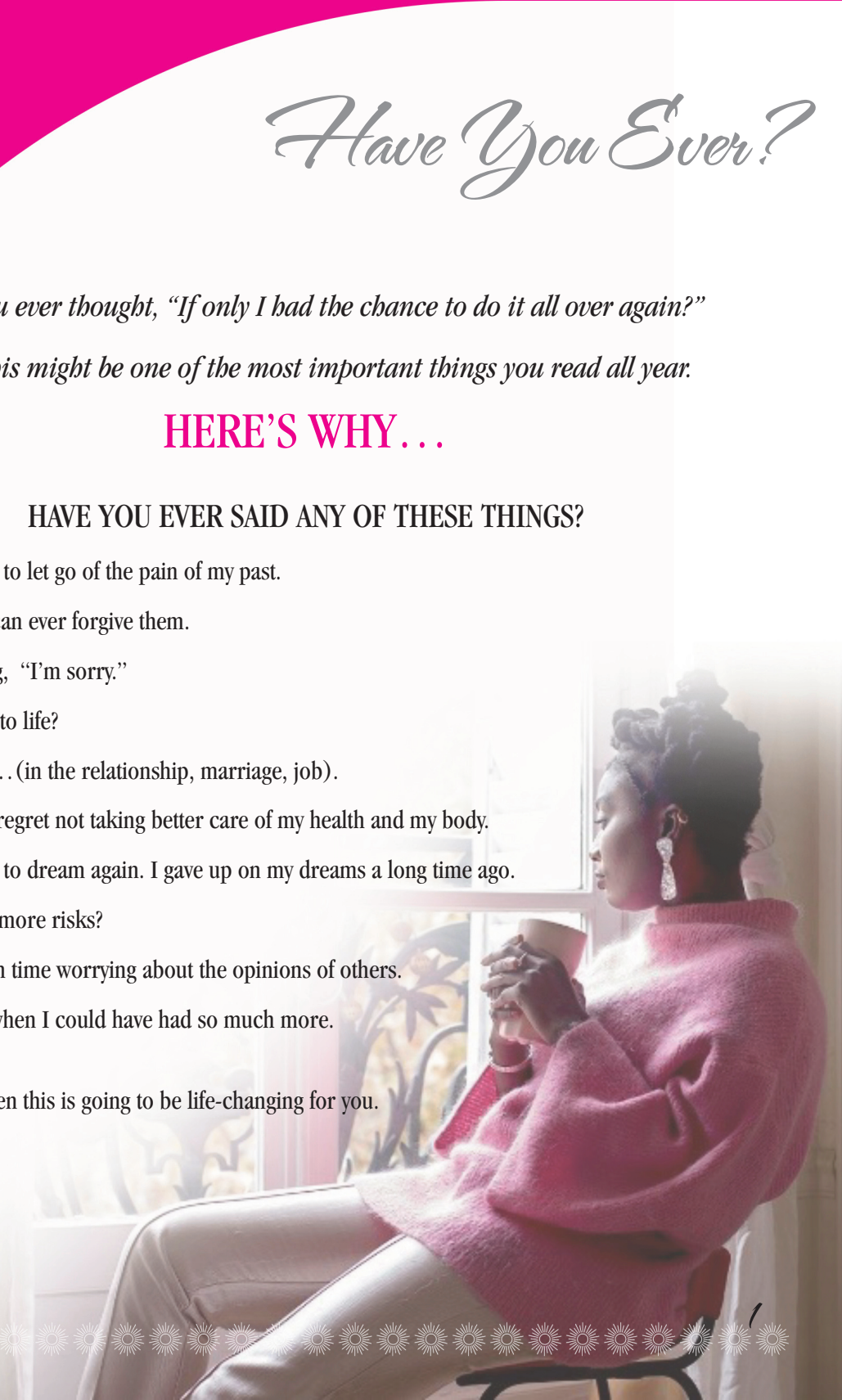
*If so, this might be one of the most important things you read all year.*

## HERE'S WHY...

### HAVE YOU EVER SAID ANY OF THESE THINGS?

- I don't know how to let go of the pain of my past.
- I don't know if I can ever forgive them.
- I regret not saying, "I'm sorry."
- Is this all there is to life?
- I stayed too long... (in the relationship, marriage, job).
- I let myself go. I regret not taking better care of my health and my body.
- I don't know how to dream again. I gave up on my dreams a long time ago.
- Why didn't I take more risks?
- I wasted too much time worrying about the opinions of others.
- I settled for less when I could have had so much more.

If you can relate, then this is going to be life-changing for you.



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## What You Get

In this e-book, you will quickly discover how to let go of regret and breakthrough the emotional barriers that are keeping you stuck, unhappy, and unfulfilled.

But before I unpack the specifics, I want you to consider for a moment the results of doing nothing. Ignoring a problem doesn't make it go away. It makes the problem worse! Holding on to past regrets, resentment, unforgiveness, guilt and shame is only *holding* YOU back from living your best life.

How bad *could* it get? Well, if you keep rehearsing the pain of your past and ignoring the still small voice telling you to forgive yourself and let it go, these are some of the long-term results you are likely to experience:

- Lack of Inner Peace & Happiness
- Unwanted Stress & Frustration
- Depression
- Loneliness
- Emotional Breakdowns
- Identity Crisis
- Toxic and Estranged Relationships
- Unwanted Illness
- Unfulfilled Desires and Dreams



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## Why Should You Listen to Me?

Thirteen years ago, I was diagnosed with stage three breast cancer. There is nothing like a life-threatening disease to bring you to the brink of death and regret. Within minutes of hearing this devastating news, my life flashed before me and I was overcome with deep regret; not about the cancer - *I had faith that God would heal me* - but for the things I never finished. There was no time for contemplation of *coulda, woulda, shoulda*. I had to shift my thoughts from regret to the reality of fighting for my life.

Fast-forwarding to this present moment, I believe God scripted this divine interruption in my life for such a time as this because I have a purpose to fulfill and a calling to women like YOU, who have experienced your own life disruption, who feel stuck in the rut of pain and regret, uncertain about your future, and questioning whether or not it's too late. My beautiful sister, God wants you to know that He loves YOU! And regardless of your past, He still has an awesome plan for your life. Don't believe the lie. It's not too late!

Your life is not over... *it's just beginning!*

Now, let's look at how YOU can move beyond the pain of your past and really begin to flourish and enjoy this next season of your life. If you will apply these specific steps, you will soon experience the freedom and confidence to take back your personal power and live a rich, vibrant and amazing life!



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## Own It!

Who said you should live your life without regrets? Is that even possible? After all, we *are* human and we're going to make mistakes. Everyone has regrets whether we choose to admit it or not. The good thing about regrets is that they present an opportunity for us to learn and grow. Without feelings of regret, you're likely to end up making the same decisions or repeating the same mistakes over again. We won't always make perfect choices in our lives, but God's grace allows us a second chance to rethink our actions for a different outcome.

Most people struggle with admitting their mistakes, but when we deny what we've done, that makes it even worse. Oftentimes we use denial as a way to protect ourselves from the negative emotions of guilt and shame. The spirit of pride can also keep us stuck in our own beliefs and create a roadblock to doing what we know is the right thing to do. As I stated earlier, ignoring a problem doesn't make it go away. Sooner or later you will have to confront your past and make peace with it. The mature and responsible thing to do is stand up and own up to the mistake(s) or poor decisions you made, accept the consequences, and commit to being part of the solution. It takes high levels of *honesty*, *integrity*, and *courage* to admit when you're wrong. When we admit to what we've done wrong, we begin an evolution towards becoming a better person. After all, that is the ultimate goal – becoming the fullest expression of your most beautiful and authentic self.



*When I met Dianne, she was very discontented with her life. She felt stuck, frustrated with unresolved issues from her past and uncertain about her future. I connected with Dianne on a "Take Your Life Back" discovery session where I meet 1-on-1 with women to help them breakthrough the emotional barriers keeping them stuck, unhappy and unfulfilled. Together, we identify the #1 obstacle to achieving their goals, and map out a 3-step plan of action to help them let go of the past, regain the confidence to take back their life and rediscover what matters most.*

*Dianne almost didn't reach out to me because as a busy Boss Lady, she wouldn't have the time to do my program. In talking to Dianne, I discovered her top constraint was fear of failure and I prescribed a specific course of action. Dianne implemented the plan and was able to reframe her beliefs about failure, acknowledge her past mistakes and renew her commitment to achieving her goals. Now Dianne feels more confident, because she finally got clear about what she really wants and doesn't want in this next chapter of life.*



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## Forgive Yourself

When you know that you've made a bad decision, or behaved in a way that negatively impacts you, a particular situation, or someone you love, it can be really difficult to forgive yourself. In order to move on, you must show yourself kindness, forgive yourself, and let it go of the guilt and self-blame. You can't go back and change what happened, but you can decide how you respond. The reality is when we wrestle with forgiving ourselves, what's really happening is a struggle to fully receive the forgiveness of God. *Forgiveness starts with God.* It is one of the most powerful acts of His love toward us. So when *you* forgive yourself, you practice self-compassion and a love that sees you as flawed, but knows you are still worth loving. Once you receive God's forgiveness, the slate is erased and He doesn't even remember what you did! So take the pressure off, genuinely apologize to those affected, forgive yourself and start over with a clean slate. Trust the guidance of divine wisdom to help you make better decisions in the future.





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## Forgive Others

You may be saying, “*How can I forgive them for what they did to me? They don’t deserve my forgiveness.*” One of the conditions of being forgiven is our ability to forgive others. Forgiving someone who has wronged you might be the most challenging thing you will ever do. **Forgiveness** is a choice. It is a conscious, deliberate decision to release feelings of resentment or vengeance toward a person who has harmed you, regardless of whether they actually deserve your forgiveness. Forgiveness empowers you to recognize the pain you suffered without letting that pain define you, enabling you to heal and move on with your life and not hold on to bitter resentments. When you forgive, it does not mean forgetting or pretending something didn’t happen, or that you are condoning or excusing bad behavior. We forgive, not to set the other person free – only God can save people. We forgive because God wants to set YOU free!



*Pam is a woman who struggled with the regret of staying in a toxic relationship too long. She felt trapped, hopeless, and afraid. When I met Pam on a “Take Your Life Back” Session she was frustrated and confused about how to move on with her life.*

*Pam almost didn’t reach out to me because she thought it would be too expensive to work with a coach. In talking to Pam, I discovered her top constraint was unforgiveness, and I prescribed a specific course of action. Pam implemented the plan and was able to forgive herself, and also forgive her ex-husband. That was a huge breakthrough for Pam and her son. Now she feels at peace happy with her life and is no longer bound to her past, because she was finally able to break free from of emotional bondage.*

and  
years



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## Lessons Learned

Ok. You messed up! Forgive yourself. You can't change what happened, but what did you learn? Cliché as it may sound, *experience is the best teacher*. Life has taught us that there really are no regrets in life...just *lessons learned*. The truth is we can't really regret something that has taught us valuable and worthwhile lessons. There is a hidden treasure in all of our experiences. Regardless of your past mistakes, there is always a silver lining. It may take a while to discover, but some of the most beautiful wisdom comes out of regret.

Let's face it, everyone has done or said something we wish we hadn't, or had done. Unfortunately, we can't go back and change the past, but we can learn from our experiences and move on with gratitude and a renewed sense of purpose.

Your wrong doings, bad choices and tragic outcomes do not define you who you are. They are meant to serve as valuable learning experiences – provided you see them as a critical part of your growth. They make us uniquely who we are, but also teach us powerful life lessons.



*Valerie is a woman who suffered from “Superwoman Syndrome.” She felt resentful, burned out and unappreciated. When I met Valerie on a “Take Your Life Back” session she was stressed and at the end of her rope because she thought she would never be able to get off the emotional rollercoaster of regret and break free from her co-dependent habits.*

*Valerie almost didn't reach out to me because she was embarrassed and worried about what people would think. In talking to Val, I discovered her top constraint was fear of rejection. I made three simple recommendations and when she implemented the plan, she was able to acknowledge her toxic patterns of behavior, set boundaries that fostered emotional wellness, and gain the courage and confidence to say no. She describes this experience as a “weight that has been lifted.” She learned that saying no to others means saying yes to herself and honoring her needs.*



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## Make Peace & Let Go

*“One of the most courageous decisions you’ll ever make is to finally let go of what is hurting your heart and soul.” (Author Unknown)*

The painful reality for many of us is that we are still living with the consequences of past decisions. Even though we may have learned some very valuable lessons and grown from the experiences, some of us are still living with regret and pain of the past. You’ll know this because every now and then there’s a sting in your memory when you could have made better choices.

The beauty of our mistakes and regrets is that they are all factored into God’s Sovereign plan for our lives. I call this the “God Factor.” You see, you had to go through what you went through because each experience helped to shape who you are today. So, when you consider your past mistakes and indiscretions, please also understand that *everything was and is as it should be*. It’s time to let go and experience the fullness of life. This will mean making peace with your past mistakes and failures. You don’t need to justify your past actions or try to prove yourself. Letting go of the past means giving yourself grace to be human. You’ll know when you have made peace with your past when it doesn’t hurt any more...when you can fully appreciate the lessons learned and the new person you have become.

If you want to learn how to get unstuck, let go of the past and enjoy life again, follow these five steps. And if you want to get there faster, I invite you to book a FREE 1-on-1 “*Take Your Life Back*” session with me.

On this fast-paced call we’ll look at your background, experience and current situation, and we’ll see what’s possible for you in terms of letting go of regret and stepping into your power in the next 90 days. We’ll examine what you’re doing now and find out what’s working and what’s not. We will identify the #1 thing holding you back from having the peace and fulfillment that you want to have and map out a plan to get you where you want to go faster. You’ll leave the call feeling clear, confident and excited about taking your life to the next level.

To schedule your FREE “*Take Your Life Back*” Session with me, [CLICK HERE](#).

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## *About the Author*

Veronica Edmond is a Certified Holistic Wellness Coach, Life Empowerment Coach, Breast Cancer Conqueror, Author and Speaker. She empowers women to break free of limiting beliefs that keep them stuck, unhappy and unfulfilled, so they can step into their next level of living with power and confidence.

Veronica's passion for women's wellness evolved from her personal battle and victory over breast cancer. As a result of her remarkable story, she designed a transformational coaching experience to encourage, educate and empower women like YOU to be intentional with self-care and awareness that YOU are the most powerful advocate for your life and total well-being.

She is the best-selling author of "[My Glorious Opposite: The Other Side of Breast Cancer.](#)" Her story is written on the backdrop of unconditional love and inspires hope, resilience and triumph for women whose lives have been interrupted by this disease and to affirm with bold confidence, "I AM more than a conqueror!"

Veronica resides in the suburbs of Atlanta, GA with her husband. She enjoys fine dining, interior design, sports, and spending time with family and friends.

*Veronica Edmond*

Life Empowerment Coach

Email: [veronica@veronicaedmond.com](mailto:veronica@veronicaedmond.com)

Website: [www.veronicaedmond.com](http://www.veronicaedmond.com)