



ABULS, BONE & ELLER GROUP

OF

RAYMOND JAMES®

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SPEAKING OF REGRETS

Bonnie Ware spent her career as a palliative care nurse. She made a habit of asking her dying patients about their biggest regrets. Here are the 5 that surfaced time and again. Hopefully, they will help you make good choices going forward.

1. *They wish they hadn't made choices on what other people think.*
2. *They wish they hadn't worked so hard. Or said differently, they wish their work/life balance was better.*
3. *They wished they had expressed their feelings.*
4. *They wish they had stayed in touch with friends.*
5. *They wish they had let themselves be happy; i.e. suffering is a choice.*

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