

#25 — THE PREDICTABLE REGRET CALCULATOR

Five questions to reveal whether this choice will lead to peace... or regret.

Regret is not a surprise.

It is predictable, calculable, and preventable.

Most people don't want to look at the math —
but once you do, the truth becomes loud and simple.

Use this tool anytime you feel tempted, impulsive, conflicted, or pressured.

1. If I make this choice, what will I wish I had done differently tomorrow?

Regret has a no return policy.

Give yourself a chance to feel your choice—
before you make the choice.

Your thoughts: _____

2. Am I choosing short-term relief at the cost of long-term peace?

Shiny objects, emotional comfort, avoidance, validation, excitement —
all feel good now and expensive later.

Your thoughts: _____

3. Will this choice protect or damage my self-respect?

Regret lives where self-respect dies.

If you lose yourself, you will always regret the cost.

Your thoughts: _____

4. If someone recorded my life, would this choice make future-me proud... or embarrassed?

Regret hates witnesses.

Pride loves clarity.

Your thoughts: _____

5. If I make this choice, what return am I guaranteeing?

Every choice has only two possible outcomes —
what you want to experience and what you don't.

Your thoughts: _____

FINAL REMINDER:

Regret is predictable.

Peace is predictable.

Both have equations —

and you already know which one you're solving for.

The question isn't "What should I do?"

The question is: **How do I want to feel about myself?**