

# evolve

by Jennifer M. Blair

## DO-OVERS

Ever wish you could do “it” over? Live in another home, city or country; drive a different car or make an out-of-the-ordinary purchase; study something else or pursue an alternative career? Do you wish you married your first love, or put more effort into a friendship that ended? Do you spend your time on a daily basis thinking about what you could have said or done to comfort a loved one but didn’t; overreacted by yelling or saying something you did not mean; or perhaps, you were not clear about how to respond to someone or something so you botched it and now are worried and are constantly re-playing it in your head?

The regrets in your life can keep you stuck. These misgivings can build up to where they weigh you down, and, over time, the more weighed down you are, the more difficult it becomes to move forward. So what qualms still plague your mind? What decisions or lack there of still haunt you? The keys to taking the load off and starting fresh are to relinquish your past mistakes and disappointments; let go of guilt and sadness and forgive yourself. Change your perspective so that you can create a new way of seeing in order to make room for a new definition of happiness. And, when necessary, have a Do-over.

Do-overs can take the form of changing a specific aspect of your life, or even going back to someone to make a simple apology. Lost time can never be recovered, and your words or actions can never be completely taken back once they have been delivered. You might unintentionally hurt someone’s feelings, not show your appreciation or inadvertently disappoint another; yet, you can make amends and change current behaviors into more loving connections. Here are some guidelines on knowing when you need a re-do.

### A DO-OVER IS NEEDED WHEN...

- it allows you to learn more about who you are and what is important to you.
- your own dreams and desires become crystal clear, and you need to take a different path.
- you need to apologize or make an amends to another person.
- forgiveness and compassion are more important than being right.
- it allows you to face a re-occurring fear so you can be more powerful.
- you change your mind or decide to go a different direction and it impacts others.
- it teaches you to be open, honest and vulnerable in order to create intimacy.
- you need to set boundaries for future healthier interactions.
- you learn new information that changes a current perspective or viewpoint.
- it allows you to practice speaking your truth and therefore build more self-confidence.
- you are ready for a new beginning or fresh start.

I believe Do-overs give you the chance to start fresh and discover what you truly want. They provide learning opportunities to create more inner peace and harmony in your relationships and design the experiences in life that you will truly treasure. A Do-over can enhance your confidence, and perhaps even open the door to receive something you may not have been truly ready for in the past. A life full of conscious, proactive choices can turn our biggest regrets into our greatest adventures.

### COACHING STEPS TO TURN BIGGEST REGRETS INTO VISUALIZED ACTIONS:

Do you let yesterday’s regrets use up too much of today’s opportunities? What will you do to change that for yourself?

Make a list of your deepest, biggest regrets.

Using the list above, probe deeper by asking yourself how you feel today. Are there items on the list that you still desire and want to pursue; or perhaps, it is time to let go of past disappointments or unfulfilled wants?

Continue the process by asking the following questions:

What is the learning opportunity?

Is there another way to create the desired experience NOW?

Do you need to apologize or make an amends in order to put something to rest?

Do you need to focus on the positives instead of the “what if’s?”

Create a new vision of what you NOW want. Ask yourself, will these items create a sustainable “essence” of what you want long-term, i.e., greater intimacy with a partner, a more fulfilling career, creative inspiration for a passionate pursuit, or greater compassion for others.

Now, what action items are you willing to take to get what you want for yourself that are based on your new dreams?

Finally, choose the one item that speaks to your inner soul and do that one first.

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