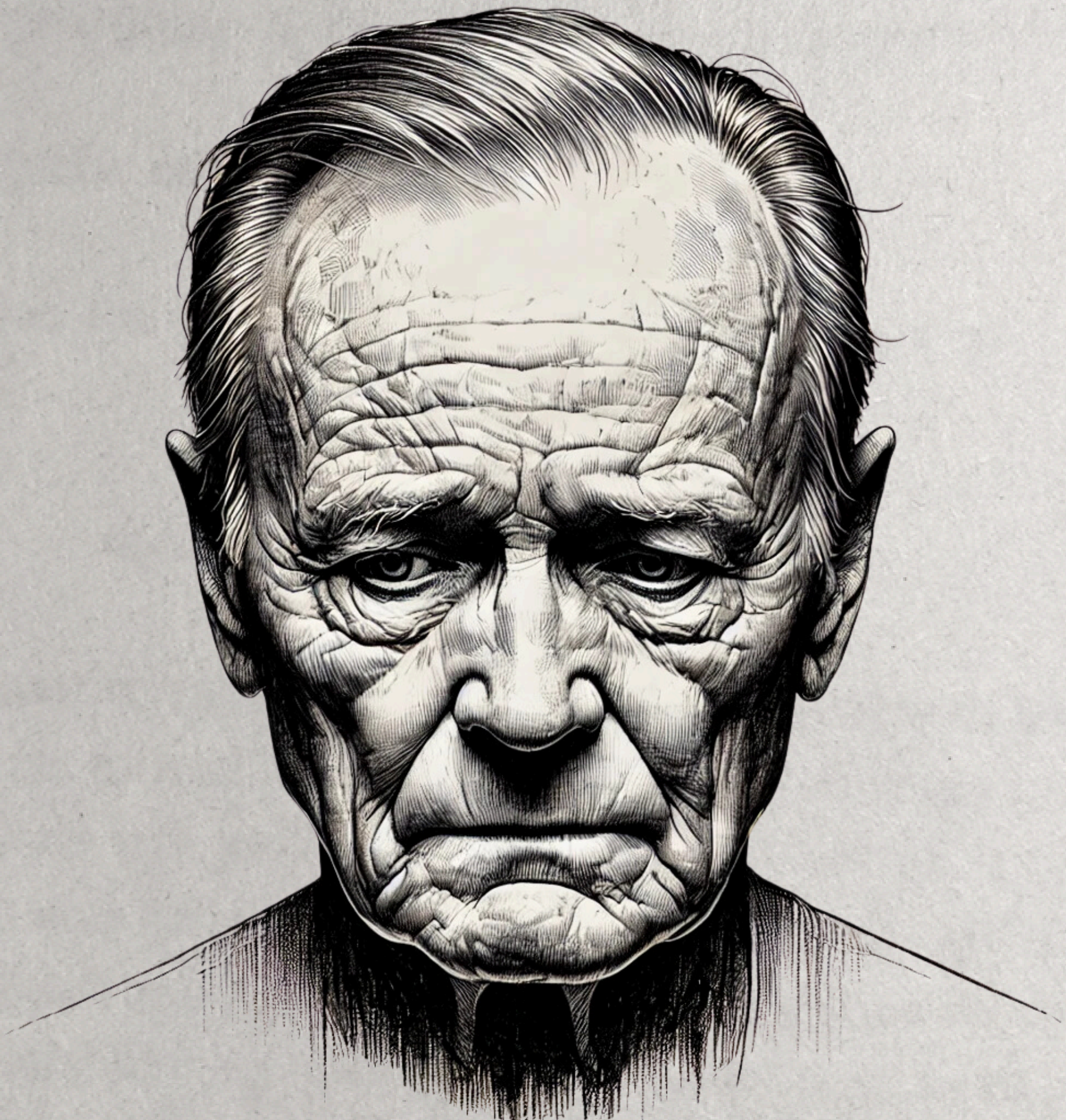


9

**Choices I'm Making**

**Today to Avoid**

**Regret in Life**



# **1. Avoiding Alcohol**

Doing this will instantly give you a competitive advantage in life. Don't let society fool you.

Quitting alcohol was one of the best decisions of my life.

## **The results:**

- Better sleep.
- Mental clarity.
- Higher energy.
- More motivation.
- Improved productivity.
- More money in the bank.

## **2. Going To Bed Early**

Sleep is not a luxury. It's a necessity.

I prioritize my sleep over anything.

I know that waking up well-rested will allow me to give my best every day.

### **Tactics:**

- Setting a bedtime alarm.
- Following a consistent bedtime.
- Sticking to a wind-down routine.
- Optimizing my sleep environment.

## **3. Calling My Parents**

No matter how hectic life becomes.

I make it a priority to call my parents.

Make time for the people you love.

Call your parents more often.

### **Do the math:**

If your parents are in their 70s and you visit twice a year, you may see them only 20 more times in your life.

## **4. Keeping My Body Fit**

Investing in your physical health pays compounding **dividends for life.**

The earlier you start, the greater the returns.

Today, people ask me why I invest so much time and energy into it.

In 40 years, they will ask themselves why they didn't.

## **5. Maintaining A Healthy Mind**

Building a daily meditation routine has been a game-changer for me.

It's by far the single best decision I made for my mental health.

You don't need to become a monk.

You don't even need to meditate.

But you do need to become **mindful.**

## **6. Being Kind And Giving Back**

In today's self-centered world, being kind is a superpower. Be that force.

Remembering those who have helped me inspires me to support others.

Even small acts of kindness can make a big difference in someone's life.

It's a decision you make for yourself.

Go out there and **be kind to others.**

## **7. Building A Network Of Mentors**

I have been fortunate to have some of the most incredible mentors.

They have played a major role in my personal and professional journey.

They shared their wisdom, guided me through tough decisions, and created opportunities for me.

You don't need to figure all out by yourself.

**Have mentors guide you.**

## **8. Developing Quality Relationships**

A Harvard study found that social connections are key to a fulfilling life.

If you aren't investing in your social relationships, they will multiply by 0.

It's actually pretty simple.

It's not something you have time for.

It's something you **make time** for.

## **9. Doubling Down When It Gets Hard**

Success isn't about being the smartest or most talented person.

It's about being willing to persevere through the difficult times.

This is where most people give up.

When things get tough, **don't give up.**

Stay focused and push through.

# **TL;DR:**

## **9 choices I'm making today to avoid regret at 68:**

1. Avoiding alcohol.
2. Going to bed early.
3. Calling my parents.
4. Keeping my body fit.
5. Maintaining a healthy mind.
6. Being kind and giving back.
7. Building a network of mentors.
8. Developing quality relationships.
9. Doubling down when it gets hard.

# Thanks for reading!

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