

37 Things You'll Regret When You're Old

1. Not travelling when you had the chance.
 2. Not learning another language.
 3. Staying in a bad relationship.
 4. Forgoing sunscreen.
 5. Missing the chance to see your favourite musicians.
 6. Being scared to do things.
 7. Failing to make physical fitness a priority.
 8. Letting yourself be defined by gender roles.
 9. Not quitting a terrible job.
 10. Not trying harder in school.
 11. Not realising how beautiful you are.
 12. Being afraid to say "I love you."
 13. Not listening to your parents' advice.
 14. Spending your youth self-absorbed.
 15. Caring too much about what other people think.
 16. Supporting others' dreams over your own.
 17. Not moving on fast enough.
 18. Holding grudges, especially with those you love.
 19. Not standing up for yourself.
 20. Not volunteering enough.
 21. Neglecting your teeth.
 22. Missing the chance to ask your grandparents questions before they die.
 23. Working too much.
 24. Not learning how to cook one awesome meal.
 25. Not stopping to appreciate the moment.
 26. Failing to finish what you start.
 27. Never mastering one awesome party trick.
 28. Letting yourself be defined by cultural expectations.
 29. Refusing to let friendships run their course.
 30. Not playing with your kids enough.
 31. Never taking a big risk (especially in love).
 32. Not taking the time to develop contacts and network.
 33. Worrying too much.
 34. Getting caught up in needless drama.
 35. Not spending enough time with loved ones.
 36. Never performing in front of others.
 37. Not being grateful sooner.
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