

The Empowered Entrepreneur Show

Episode 039

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- Intro: Welcome to The Empowered Entrepreneur Show. Discover your life's purpose, reprogram your mind for success, and attract an abundance of paying clients to your business. Now here's your host, Tom Tenaglia.
- Tom Tenaglia: Aloha, empowered entrepreneur. I am Tom Tenaglia and you're listening to The Empowered Entrepreneur show and today I want to talk about not living in regret. You know, a few moments ago the announcement on the helicopter crash that killed Kobe Bryant and eight other people went viral, and a number of messages from various people. I waited some time before deciding to record an episode on this topic.
- Tom Tenaglia: I had not living in regret written down as a topic that I wanted to talk about and the best reason why I could give you as to why we should talk about this is really depicted in that tragic incident. The experience, I don't want to dive into necessarily what happened, why it happened, how it happened, and all of those things but I want to do what's empowering.
- Tom Tenaglia: I want to look at what lessons can we learn that are empowering. Some people went, well, I'm never going to ride in a helicopter. Okay. For some that's an empowering lesson, but for most that's probably not really empowering. What lessons can we take from it that are more empowering and I saw an article that talked about Shaq and how Shaq wanted to live his life in light of what occurred to his friend, to his brother.
- Tom Tenaglia: It got me thinking some more. It got me thinking of a deeper understanding of what it means to not live in regret. There is the idea of living everyday like it's your last and treating every day like it could be. I also, for me, that's not as empowering because a lot of the things that I want to achieve are things that take more than a day to do.
- Tom Tenaglia: So for me, and the idea would be you would have to figure it out what it is for you. For me it's, did I give my best every single day? Did I get my best today? Did I make a conscious contribution to what it is that I want to achieve on this planet while I'm here and am I making a difference in the world?
- Tom Tenaglia: Every single day, am I being my best self, doing the best that I can? We all have those days, some days we're on top of the world, other days the world might feel like it's on top of us and do we still look at it in a way that's empowering, that we still grow from it, evolve from it, become better, more in touch with who we are? So there's a lot of opportunity to really celebrate life and to go about what it is we do day to day with conscious intention and conscious focus.
- Tom Tenaglia: I think it was Shaq, but I'm not sure. It could have been somebody else, might've been Michael Jordan, somebody. One article talked about somebody who went and started calling up people that he had beef with and said, "Look brother, I

love you. Let's let it go. Let's move on," and making things right. Making things the Hawaiian word, pono. P-O-N-O, which means right. Making things right.

Tom Tenaglia: Because it's a matter about being pono with ourselves in order to be pono with the world around us. So not living in regret from an astrological perspective has an internal and an external piece. What is being true to yourself and what is being true to the external experience of your life? Because not living in regret doesn't necessarily have to mean you have to live on the wild side either, right?

Tom Tenaglia: You have to figure out what is not living in regret to you. What is the towards of that? For me, it's living a fulfilling life. It's giving my best every single day. It's being my best every single day to the best of my ability. See, there's even a component of being my best at being my best. Am I doing my best at being my best? Even if I'm not my best, did I give it my best?

Tom Tenaglia: Did I aim to be the best that I could be? So for you, you have to figure out what is that? What does not living in regret mean? What are those things that you're going to do? Who are you going to be? Because, even within us, there is maybe you have that dream or that goal or that thing that you've always wanted to achieve or you always thought, well, what if I could do this and you haven't really stepped foot out and done it yet. Well, now might be the time. I don't know. Consider, like think through, are you being true to yourself? Are you being true to your calling? Are you trusting the process?

Tom Tenaglia: When a friend of mine told me to listen to the song, Cat's in the Cradle and I'm like, "Oh, I know that song. It's a nice rhythm. Everything." She said, "Have you listened to the words?" I'm like, "Cat's in the cradle, silver spoon, little boy blue and the man in the moon." Then she's like, "Right, what's the next line?"

Tom Tenaglia: I'm like, "When are you coming home, dad? Something like that." She goes, "Go listen to the words," and I'm like, "Okay." So I looked up the words and I went, whoa, this song is not a happy song. I love the music of it. I love the rhythm and then I go, what's the message?

Tom Tenaglia: Because for somebody who took such a simple message, and I believe the message was not living in regret and a form of it, a form of doing the things now because tomorrow never comes and I looked at the words and I went, wow, now's the time. Growing up, I think I mentioned this in a previous episode, growing up, at one point, I would get my haircut by my mom's cousin. I didn't even know she was my mom's cousin at the time, but my mom's cousin had two kids.

Tom Tenaglia: I remember always being there and every single trip that I could remember, my grandfather and my mom's cousin said, "You know, like we should schedule some time and get the kids together to hang out. Yeah, yeah, yeah, yeah, yeah." I remember as a kid, I always wanted to do that.

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Tom Tenaglia: I always wanted to just be there for a day or two or whatever and hang out with them and the day was never scheduled. The day was never scheduled in all this time, and I have no beef on them. I just took the lesson. So there was a time when an old family friend contacted my mom and my mom told me, said, "Oh my gosh, guess who, oh my gosh, we lost contact and we found," she say, "Oh, she wants to hang out with me and you and her husband and the kids."

Tom Tenaglia: I'm like, "Oh my God, set it up." My mom said, "What do you mean?" I'm like, "They want to hang out and we haven't seen them in years and we like them and they like us, call her back and schedule some time. Let's put it on the calendar," because if you don't schedule it, it's not going to happen.

Tom Tenaglia: We were able to spend an amazing day with them. So, that was an implementation for me of that lesson I had learned as a kid. It's interesting because as a kid I didn't understand the idea of, yeah, yeah, we should set up some time and then it didn't happen but as an adult I looked back and went, oh my gosh, that was fascinating because as a kid I heard it, but I didn't know what it meant.

Tom Tenaglia: As an adult, I go, okay, here's the lesson for me. Then when a situation came up where I got to implement the lesson, I went and implemented the lesson. Because it's, are we going to spend the time that we can spend with the people that are important to us in our lives?

Tom Tenaglia: And yes, there is a time and a place to be conscious of maybe there's a contribution you need to make in the world. Maybe there's an amama. The Hawaiian word, amama, to sacrifice. Maybe there's this time that you have to give up to achieve the things that you need to achieve in order to live a fulfilling life and to follow through on your purpose, and that can happen.

Tom Tenaglia: That could totally happen. Is it in harmony with the people around you and the things that the people around you want to experience with you and the things that you want to experience with them?

Tom Tenaglia: Here's a nice video that shows a truck, I think it was a truck board or a marker board in New York, and they said something about, list something you would regret, something about list something you would regret if you died tomorrow or something like that. Every response had the same word in it and that word was not. I think I talked about this on a previous episode, but maybe I haven't and even if I did it, I think it bears repeating.

Tom Tenaglia: You want to look at what are the things that you would regret not doing. A lot of people are conscious over the things that they would regret doing if they went and did them. I'm not going to do that. I'd regret doing it, but what are the things that you would regret not doing and more importantly, when are you going to do them?

- Tom Tenaglia: You want to schedule those things. You want to put a plan together, get it done. Are you going to go through the rest of your life saying that you would achieve this or would you actually go and achieve it? It's time to really stop saying you would do those things and start actually doing them, if for no other reason than to regret not doing them, but of course I would recommend finding a towards reason.
- Tom Tenaglia: Finding, what's the reason why? Why do you want to achieve the things that you set out to achieve? Maybe it is that maybe it just brings you fulfillment. Great. Maybe it resonates with your spirit. Maybe it's a contribution that you can look at and go, this is how I want to leave the planet.
- Tom Tenaglia: What's the purpose of your business? From a evolutionary standpoint, how is your business? You want to really take it up a notch? How is your business contributing to the evolution of the planet and to the growth of the planet? Because that to me, can be very empowering. It Helps me figure out the things I want to do and the things that I don't want to do in a business.
- Tom Tenaglia: It helps me figure out what message do I want? What do I want to leave people with? If I had to find the information that I have now in a future life, would I be able to find it? That's one of the ones that gets me a lot. I want to get my information out there and the information that I've distilled from so many of my teachers and mentors and people that I've learned with over the years, because I'm not inventing anything new.
- Tom Tenaglia: Nobody does. You just package it up in a way that you haven't experienced. Because new inventions are just things that already exist, put together in a way that's never been put together in that way before, and it's humbling to think of it that way. Yes, people do create things and they really don't. They kind of put together things that were already created because the elements make up everything.
- Tom Tenaglia: So any combination of elements is going to get you a different expression. Anyway, that's going way into the esoteric deep end for this particular podcast. However, the idea then is, for me, I think about if I had to find the information that I have today, if I came back reincarnated in a future life and I had to go find that information to solve a problem, would I be able to do it?
- Tom Tenaglia: Would I be able to find my information and go, "Oh my gosh, who is this Tom person? This is really cool stuff." That's something that gets me, man. If you go find, figure out what would get you motivated, what gets you going, what gets you living, then start doing that. There is a time to go, okay, here's the amama. I have to take some time to go build my foundation. I have to go do, but you have a life.

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Tom Tenaglia: I believe that if you have a purpose and you've identified your purpose, I believe you do have a purpose and then it's figuring out what that purpose is and I believe that you have your life to achieve that purpose. So I could look at one year and go, man, that was a wasted year or I could look at that year and go, oh my God, look at all the lessons and how much growth was condensed into one year.

Tom Tenaglia: This was a powerful fricking year because I could have taken one lesson, let's say I got one lesson a month. I could've taken one lesson a month and spread it out over 12 years. Or I could take one year and have 12 kickass lessons and at one point, the old Tom would be like, "Oh that was a wasted year." But the new Tom is like, "Hell yeah, I got a powerful year because I got one kickass lesson after another for a full fricking year and now I'm able to go build upon that year.

Tom Tenaglia: It's spiraling up like crazy. It's exponentially improving and it's making this difference and I'm so excited about those things. So, I hope that helps and consider what it is that you want to do and what's going to motivate you, your purpose, your reason why and how is it that you're not going to live in regret and what are you going to focus on as a towards, as a thing that you're going for so that you don't end up living in regret.

Tom Tenaglia: If you're not living in regret, what are you living, is really the question, what are you living? Maybe for some people they go, I'm living my life. Okay, cool. Really consider it and I try. If I identify something and I go, "Man, I would regret not doing this or I would regret this." I immediately do what I can to shift it and say, "Okay, let me go apologize to that person, or let me go and fix this, or let me go and start doing the thing that I know that I need to do," just so that I can look back and actually be happy and be fulfilled in my life, in who I am and what I've set out to achieve.

Tom Tenaglia: So I hope that helps. It's a interesting way to look at things, but I definitely hope that helps you. With that, Aloha; a hui hou; I'll talk with you again soon.

Outtro: Thank you for listening to The Empowered Entrepreneur show.