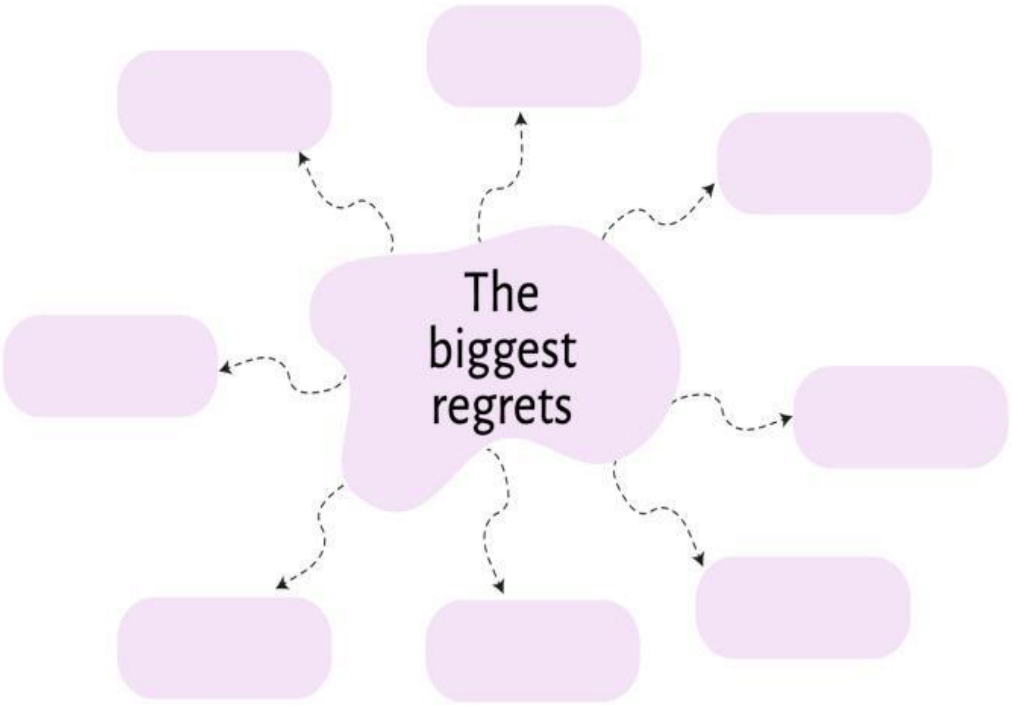
Think about the biggest regrets people might have in their lives.





LIVEWORKSHEETS

Interviewer: Hi Sarah, thanks for joining us today. I wanted to talk to you about regrets and wishes. Can you share some of your thoughts on this topic?

Sarah: Hi! Sure, I'd be happy to share. I've often reflected on my past decisions and how they impact my present and future.

Interviewer: Let's start with your present regrets. Is there anything you wish were different right now?

Sarah: Definitely. I wish I were more disciplined about my health. If only I exercised regularly and ate healthier meals, I wouldn't feel so tired all the time. Every morning, I wake up thinking,

"I wish I didn't have to rush to work without a proper breakfast."

Interviewer: That sounds relatable. How about your past? Are there any decisions you regret?

Sarah: Yes, there are several things I wish I had done differently. For instance, I wish I had studied harder at school. If only I had taken my studies seriously, I might have a degree from a famous university. wish I hadn't lost contact with them. If only I had called them more often, we might still be close.

Interviewer: It's interesting how our past choices affect us. Looking ahead, do you have any future wishes or concerns?

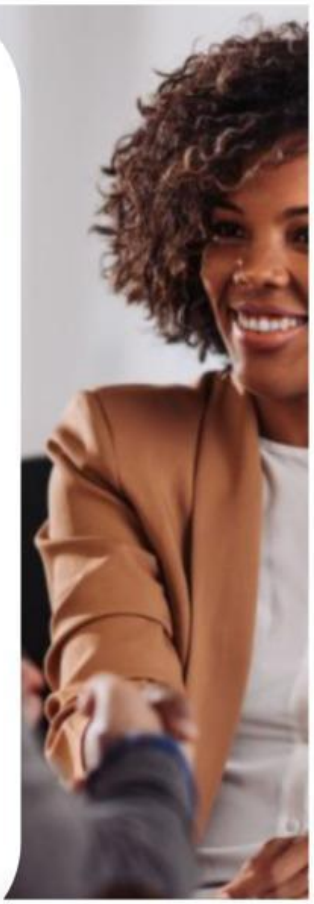
Sarah: Absolutely. Thinking about the future, there are things I hope to change. I wish I could be more proactive about my career. If only I could find the courage to start my own business, I wouldn't worry so much about job security. Additionally, I wish I could travel more. If only I saved money more diligently, I could explore new places and cultures.

Interviewer: It's important to have goals. Do you think regrets help you make better choices?

Sarah: By learning from our past, we can make wishes for a better future and work towards achieving them.

Interviewer: Thank you for sharing your thoughts, Sarah. It's been insightful.

Sarah: You're welcome! It was great to talk about this.



LIVEWORKSHEETS

Expressing regret about the present

- Use "I wish" or "If only" + *Past Simple* / *Past Perfect* to say that you really want a present situation to be different.
- Use "I wish" or "If only" + would to talk about something you want to stop happening in the present because it annoys you.
- When talking about a hypothetical or unreal situation, "were" is typically used instead of "was" for all subjects.

I wish I didn't have to rush to work without a proper breakfast. *(I have to rush to work without breakfast now.)*

Expressing regret about the past

- Use "I wish" or "If only" + *Past Simple* / *Past Perfect* to talk about something we would like to change about the past.

I wish I hadn't lost contact with my old friends. *(I lost contact with my old friends.)*

Talking about the future

- Use "I wish" or "If only" + would/could* + base form of the verb to express wishes for future changes or actions that are unlikely or difficult to achieve.

If only I could find the courage to start my own business. *(It might be difficult for me to find the courage to start my own business.)*

Finish the sentences about yourself.

I wish I had _____

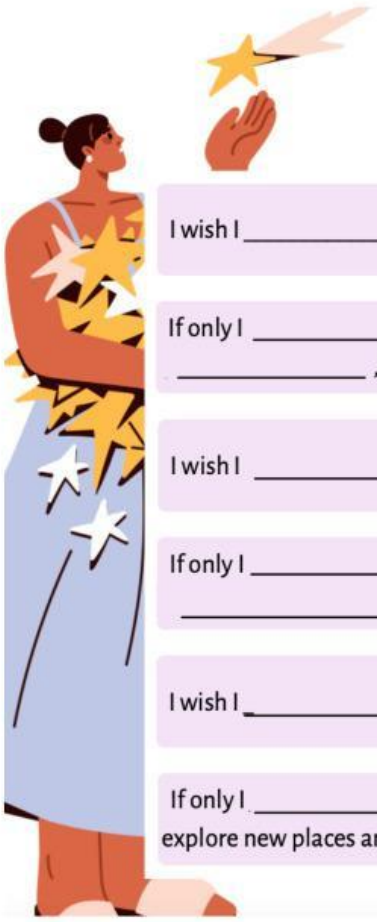
If only I could _____

I wish I didn't _____

I wish it wouldn't _____

LIVEWORKSHEETS

CAN YOU RELATE?

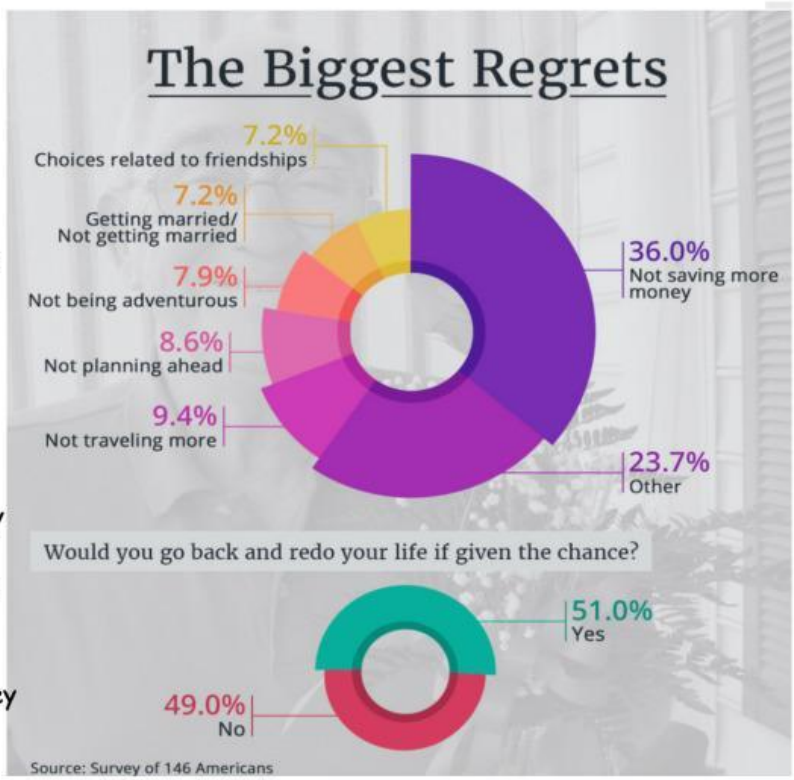


I wish I _____ (be) _____	1	2	3	4	5
If only I _____ _____ , I wouldn _____	1	2	3	4	5
I wish I _____	1	2	3	4	5
If only I _____ , I might have _____	1	2	3	4	5
I wish I _____	1	2	3	4	5
If only I _____ , I could explore new places and cultures. _____	1	2	3	4	5

LIVEWORKSHEETS

THE BIGGEST REGRETS

1. Do any of the regrets listed in the infographic resonate with you personally? Why or why not?
2. Why do you think "Not saving more money" is the top regret for many people?
3. How important do you think it is to plan ahead in life? Can you give examples from your own experience?
4. How might choices related to friendships impact someone's life long-term?
5. How do you interpret the "Other" category in the infographic? What could it include?
6. If you could go back and redo one decision in your life, what would it be and why?
7. Do you think people tend to have more regrets about things they did or things they didn't do? Why?



LIVEWORKSHEETS