The Road Not Taken

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;
Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,
And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.
I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

R. Frost (1920)

Poet Robert Frost confessed of The Road Not Taken, "You have to be careful of that one; it's a tricky poem - very tricky." Those who take this poem to be about individualism and non-conformity construe "...and that has made all the difference" to be a positive statement. Is it? Does "I shall be telling this with a sigh" translate more to mean a sigh of relief or a sigh of regret?

Which do you think is more important: Finding the truth of what a writer really meant to say or being free to construct your own meaning from it?

Frost remained steadfastly aloof from the poetic movements and fashions of his time, leaving himself open to accusations of "stagnation" and "self-imitation." How would you define these two terms? When should they be considered impediments?