

# Following a What-If All the Way Out

Takes one what-if thought all the way to the end instead of leaving it circling.

## WHEN TO USE THIS

Use this when the same what-if has been going around for days.

### What is the what-if that keeps coming back?

*Write the exact sentence your head uses.*

---



---

### Follow it out. If that happened, then what? And after that?

---



---



---



---

### At the very end of that chain, what would you actually do?

---



---



---

### Now that it is on paper, how likely does it look?

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

Not likely

Almost certain

*Most what-ifs get smaller when you make them finish the sentence.*