

Landing on the Worst Case

Put the worst case next to the likely one, and plan for both.

WHEN TO USE THIS

Use this when your mind has run to the worst ending and stayed there.

What is the worst thing you think will happen?

What is the most likely thing to happen?

Honestly, how likely is the worst case?

0	1	2	3	4	5	6	7	8	9	10
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Almost never

Almost certain

If the worst did happen, what would you actually do first?

You have got through hard things before. What did you do then?

What would you rather spend the next hour on?

Planning for the worst is fine. Living there is the expensive part.