If-Then Plans

> *"Our minds should be sent forward in advance to meet all problems, and we should consider, not what is wont to happen, but what can happen."*
>
> Seneca, Letters 91 (tr. Gummere)

Write the "if" as specifically as you can: a time, a place, a feeling, a person. The "then" should be one small action you could actually do in that moment. Add a back-up in case the first plan is not possible. Read the sheet through each morning for a week.

IF... (TIME, PLACE, FEELING, PERSON)	THEN I WILL...	AND IF THAT IS NOT POSSIBLE...

The three situations most likely to come up this week

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