



Prepare for the worst – that’s the best

Should we expect everything to go smoothly?
Or may things turn sour sometimes?
Believing the prior is naïve and will make you unhappy.

So what am I suggesting? That we should walk around and be worried all the time?

Yes!

Worries can be constructive if they lead to action. Gary Klein inspired the idea of 'Premortem' which means before death. With this, he suggests writing down everything that may go wrong.

Because with that covered before even starting, you are prepared to handle the things that turn sour. You are not surprised.

You are reading this blog, this means you are a successful individual with an appetite for personal and professional development. This makes it only more pressing that you start practicing for things that may go wrong.

You will be calmer in difficult situations, and you will create better results in hard situations because you have prepared for and trained for such situations.

What to do?

Most importantly, write down everything that may go wrong.

If you have time, then also write what you may do to either avoid that situation from the first list, or alleviate when it happens.

That is a worthy habit.

Stick with it