

Worst Case Scenario

1. What current situation are you facing?

Write it down:

2. What are the worst possible outcomes of this situation?

- 1.
- 2.
- 3.
- 4.

3. What proof do you have that the worst can happen?

- 1.
- 2.
- 3.
- 4.

What are the costs of thinking this way?

- 1.
- 2.
- 3.
- 4.

What are the benefits of thinking this way?

What are the costs of thinking this way?	What are the benefits of thinking this way?
1.	
2.	
3.	
4.	