



Module 1: Think Positively

Module 1 Lesson 4 Exercises

You will encounter rude bosses, conniving colleagues, and pain-in-the-ass customers. Why not prepare for them? There is a place for those who plan for the worst-case scenario so they can plan on how to turn the situation around and make it successful. They imagine every conceivable setback and obstacle so they can cope and overcome the adversity before it becomes a reality.

Ready yourself for the worst. As Seneca said, “The man who has anticipated the coming of troubles takes away their power when they arrive.”

What can do you do to prepare yourself?

What options do you have when the worst case happens?

How can you prevent it from happening?

What can you do today to reduce the chances of the worst happening?



If it happens, how can you bounce back?

Write it all down and think it through.

Ask yourself:

- 1) What is the worst that can happen? Write it down. Feel it.

- 2) Ask how you can prevent it and write the solutions.

- 3) Rehearse all the ways a conversation could go wrong. Practice your responses.