3 P's

Many times, situations arise that are unexpected that put us at risk for emotional upheaval, indecision, or bad decisions/behavior. It is also the case, that we often fail to identify predictable high-risk situations and therefore, fail to prepare. This increases our stress.

Similar to the weather channel's weekly forecast, predicting here is looking ahead and identifying any times or situations that have high risk potential, so you can plan and prepare in advance. The 3 P's (Predict, Plan, and Prepare) is a useful tool to use on an ongoing basis in addition to crisis planning.

It may be advisable to work this into a morning routine or a weekly "Steering" meeting with yourself, where you look at where you are, where you are currently headed, where you want to be, and what you can do to help get there.

To quote a maxim attributed to the basketball coach John Wooden, "Failing to prepare is preparing to fail." This was first shared with me by a client who had found it helpful.

Predict
Look at your upcoming week. Based on "weather" patterns in the past, are there any potential thunderstorms this week? When? Note them here, and be sure to add them to whatever you use as a calendar. If you don't use a calendar, figure out another method that will work or use the "Weekly Forecast Form."

_____
_____
_____
_____

Plan
What plan would be useful to cope with or prevent this situation from occurring? Just like bringing an umbrella, what do you want to do to be ready?

_____
_____
_____
_____

Prepare (& Practice)
A plan is what you have before a crisis occurs. Preparing & practicing is what increases the likelihood you can carry out your plan at the appropriate time. We don't teach children to "Stop, drop, and roll" once they are on fire. You want to drill and practice in advance. You also want to arrange for any reminders, materials, or training ahead of time. Practical steps like making sure to get a good night's sleep before a stressful meeting may be the difference between a successful meeting and a nightmare. What do you need to purchase, pack, arrange, or practice to be prepared?

_____
_____
_____