



## Plan for Uncertainty

**Introduction:** Planning for the future is always complicated by the unknown, but COVID-19 has made planning feel virtually impossible or else completely useless. This handout will guide you through a series of questions designed to move you out of limbo and into a mindset where planning is possible. It may be beneficial to reflect on previous handouts as you approach this exercise. Specifically: Create a Mind Map, Map your Routines, and Evaluate your Self-Care.

### Step 1: How has your life changed as a result of the COVID-19 pandemic?

- Spend time considering the following questions. The goal here is to identify those areas of your life that are no longer 'normal' which have left you in a state of limbo.

What plans of yours have fallen through due to the COVID Pandemic? Which of these have not been replaced?

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In what areas of your life do you feel you are stalled/waiting/holding your breath?

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What are you putting off until things are 'back to normal'?

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**Step 2: What needs to change for you to be OK again?**

What areas of your life are unsustainable if you knew current conditions would persist for the next 18 months?

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What would you need to change in these areas in order for them to be manageable? For you to feel OK?

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**Step 3: Risk vs Benefit Assessment**

What are the downsides of making the above changes right now?

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What are the benefits of making those changes?

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