

☰ S • Strategize

If-Then Builder

Strategize · Chapter Five. A plan that survives a bad day.

Deciding in advance when, where and how you will act substantially raises the chance you do it. Write four lines: the standard day, the bad day, the crisis, and the obstacle you actually named. The three sizes together are your Minimum Maintenance Dose, and all three count.

1 • If-Then Builder

🎯 Core

Four lines on a card. The three sizes are your Minimum Maintenance Dose, and all three count. Anchor each to an event rather than a time, and make it small enough to do while irritated.

Standard. When (event), I will (action):

Bad day. When it has been a bad day, the smaller version I still do is:

Crisis. When everything is on fire, the version that keeps the thread is:

Obstacle. If (the thing in me that stops this) happens, then I will:

2 • Obstacle Planning

What will go wrong, and what you'll do about it.

Obstacle	My specific response

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3 • Multiple Pathways

Because Plan A never survives intact. Pathways are routes rather than doses: your card's three sizes shrink the same road for a bad day, while a pathway is a different road to the same place when the usual one is blocked.

Plan A (my preferred route):

Plan B (if Plan A is blocked):

Plan C (if both are blocked: the different road that still gets there):

4 • Strategy Test

☰ Deep dive

Will this survive your real life? Tick honestly.

- ☐ Does this plan work when I am **tired**?
- ☐ ...when I am **busy**?
- ☐ ...when I am **stressed**?
- ☐ ...when I am **travelling**?
- ☐ ...when others are **unsupportive**?