

Life Can Throw Curveballs!
How to Plan for the Unexpected



Activity Guide & Journal

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Wisdom about preparing:

“If you lost the job, friendship, opportunity, or love, it was never your destination.

It was preparation.”

~ Mandy Hale

“The key to success is to start before you are ready.”

~ Marie Forleo

“In the midst of an ordinary training day, I try to remind myself that I am preparing for the extraordinary.”

~ Shalane Flanagan

Step One:

The first step in your contingency plan could be to take stock of all your significant life or career events. List them out, describe what happened. Next, take note of your responses to each that worked in your favor. Then, detail the ways you reacted that didn't help you move through the situation well.

What significant events took place in your life?

- 1.
- 2.
- 3.
- 4.
- 5.

How did you handle them? What did you do well—that you would repeat? And what didn't go so well that you want to adjust or repair?

- 1.
- 2.
- 3.
- 4.
- 5.

What can you learn from how other people have handled adversity and come out on top? These are the lessons that become the foundation for your contingency plan. Once you know what worked and what didn't, you can decide which tools worked that you want to keep in your treasure chest to dust off the next time life turns you upside down.



Step Two

The second step in preparing for the unexpected is to play the “What If” game. Although thinking about the worst could put you in a negative mindset (if you let it), it can also help you to prepare for how you want to respond when bad things happen.

What are your "what if" scenarios?

- 1.
- 2.
- 3.
- 4.
- 5.

What are the positive spins on each scenario? Don't be afraid to list more than one!

- 1.
- 2.
- 3.
- 4.
- 5.

Step Three

Who are in your Personal Board of Directors | Band of Angels on Earth | Front Row | First-Class Cabin?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



Step Four

Finally, decide how you want to respond when those inevitable, unpredictable shifts and changes happen. Are you a wallflower? Do you retreat? Do you feel like a victim when things happen to you?

Or, do you respond with resilience and confidence that you've got this? Do you choose to see the silver lining when life threatens to bowl you over? Or, are you somewhere in between depending on what happens?

Deciding in advance how you want to bounce back from life-altering circumstances will give you an advantage when they happen. It's a big part of your contingency plan.

Journal your thoughts below and describe in detail how you want to navigate the next change in your life. How do you want to feel? Whom do you want to have nearby for support? How do you want to deal with the emotional roller coaster? What can you do when the emotions get the better of you and you need to make tough decisions? Where can you go to get relief from the chaos?

~ Journal ~

Journal writing lines with circular end caps.



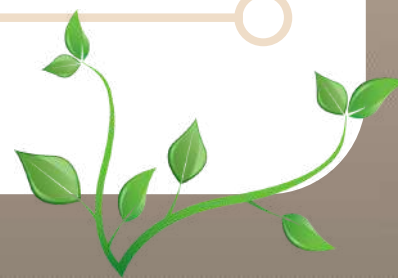
~ Journal ~

A series of 18 horizontal lines for writing, each line starting and ending with a small circle on the left and right sides respectively.



~ Journal ~

A series of 18 horizontal lines for writing, each line starting and ending with a small circle on the left and right sides respectively.



~ Next Step ~

Now that your contingency plan is outlined, you may be thinking that you're ready to take another step. So, I've created a tool that will help you do that.

If you're thinking things like...

- I feel stuck and don't know why.
- I know I need to change something, but I don't know what it is or where to start.
- I want to feel more confident.
- I want to trust my instincts to make good decisions.
- I want to figure out what's missing and how to bring it into my life.

...then it's time to take the next step.

**After working with me, my clients
know who they are,
what they want,
and how to get it.**

And each one started with a small step like this one.

The Seedling Starter Course

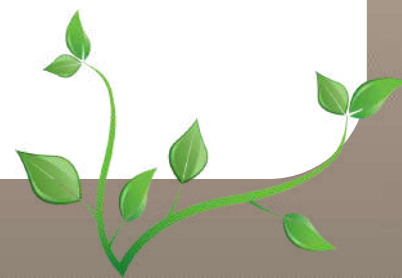
This online, self-paced introduction to my "5 Petals of Power Program" contains three powerful activities that include:

- Guided video lessons
- Downloadable activity guides, and
- Journal pages to record your answers and insights

These exercises will help you understand where you are today and outline where you want to be in the next 3 to 6 months. They will also help you understand which areas of your life need your attention first. Then, you'll identify exactly who you need in your corner to support you as you move through your journey, so you're never alone!

Once you complete the Seedling Starter Course, you'll be on your way to identifying your choices and making effective decisions with more clarity and confidence.

[Click Here to Get the Seedling Starter Course for \\$47 >>>](#)



Transition & Thrive with María

Certified Life & Career Coach for Women—Specialty: Transitions

María Tomás-Keegan

Sometimes it's hard to know what you should do next when you're hungry for a change.

I can help you to explore your options and figure out what the next best step is for you right now.

If having that clarity is what you want, click the link below to schedule a time to chat.

[Click Here to Schedule a Complimentary Chat with Me](#)

TransitionAndThriveWithMaria.com

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