

## **Plan or Not to Plan, that is the Question?**

You have nothing to work toward if you have no plans unless, of course, your plan is to do nothing.



We all know that plans do not always turn out as we expect.  
SO...

### **Is planning ahead a good idea?**

Yes, as long as you hold the plan lightly, not rigidly. Allow for time variances too. The more details, the more flexibility is needed.

### **Planning ahead has a time and a place.**

Planning ahead gives things some a semblance of order within projected time frames. Keep time frames as open as possible even though, at times, there are time constraints you cannot avoid.

Do not judge others who are more spontaneous and wait until the last minute, we all think differently. Last minute planning can work at times, however you may miss an opportunity or waste precious time because there was no plan. This can produce more stress or even failure in reaching your goal.

### **Circumstances can change rapidly and unexpectedly so flexibility in planning is the key to less stress.**

Think positively in your planning. Your attitude toward your plan and the possibility of it not turning out exactly as expected is important.

Financial restrictions, possible time constraints and availability or accessibility are important factors in formulating plans. How you approach your plan makes all the difference in your stress level.

### **When things do not work out as planned, do not spend an excessive amount of time getting upset over this fact.**

When plans fail, move into a process of problem solving rather than problem focus. Focus on the solution or the resolution and stay resilient. The time it takes for you to emotionally bounce back needs to be as short as possible so the intellect can be used to direct.

When all plans are blocked, do not let your disappointment get you down. It only contributes to your stress. Move to plan B or C, let the plan go, or change the plan completely.

Since the future is beyond your control, position yourself toward your goals and keep focused, flexible and resilient. At times, plans can even work out better, when they do not turn out as you planned.