



Planning in uncertain times

This exercise is designed to help you continue to plan, even when you aren't necessarily sure what the future might hold for you. Sometimes we may feel there are barriers in our way preventing us from moving forward. But there's always something we can do to help us move towards our desired life. The details may not all be in place yet, but we can always do something. Perhaps we don't know when we're going to be able to travel next, but we can plan where we'd like to travel to and what we'd like to do.

What is within your control that can you do to help you move towards your desired life in the short-term (i.e. today or in the next few days)?

What is within your control that can you do to help you move towards your desired life in the medium-term (i.e. in the next few weeks)?

What is within your control that can you do to help you move towards your desired life in the long-term (i.e. in the next few months)?