

Premeditatio Malorum — Printable Worksheet

A practical 3-tier planner to anticipate setbacks, prepare responses, and widen gratitude. Time-box: 5, 15, or 30–40 minutes.

Probability: L / M / H

Impact: 1–5 (1=minimal, 5=severe)

Control Sort: ☐ Up to me ☐ Not up to me

Tier 1 — Quick Daily (≈5 minutes)

1) Name 2 likely frictions today

Examples: "Approval gets delayed", "Kid gets sick",
"Traffic causes lateness".

2) Control Sort

- ☐ Up to me (prep, communication, attitude)
☐ Not up to me (others' choices, weather, luck)

3) IF–THEN responses (one per friction)

"If X happens → then I will Y." Keep it small and concrete.

4) Close with 3 gratitudes

Tier 2 — Risk Planner (≈15 minutes)

Risk / Scenario	Prob.	Impact (1–5)	Prevent	Prepare	IF–THEN response	Control / Reframe

Perspective & Close

View From Above (60–120s)

Zoom out: self → room → city → world → stars. See today’s issue in context.

Control / No-Control Sort

Up to me

Not up to me

Stoic Reframe

Close (60s): 3 Gratitudes or one-line “View From Above”