## **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.

Tier 1 — Quick D	ally (≈	5 minute	es)			
1) Name 2 likely frictions today				2) Control Sort		
				<ul><li>Up to me (prep, communication, attitude)</li><li>Not up to me (others' choices, weather, luck)</li></ul>		
Examples: "Approval "Traffic causes latene		/ed", "Kid ge	ets sick",			
3) IF-THEN responses (one per friction)			4) Close with 3 gratitudes			
"If X happens → then concrete.		·				
Tier 2 — Risk Pla	anner (	≈15 mini	ites)			
TIOL 2 KIOKIT		Impact	Prevent	Prepare	IF-THEN	Control / Reframe
Risk / Scenario	Prob.	(1–5)			response	Kename

Tier 1/2 — Daily & Project planning

## Tier 3 — Weekly Pre-Mortem & Fear-Setting (30–40 minutes)

Use before a launch, move, neg	otiation, or sprint.		
1) Solo Pre-Mortem — "It i	failed. Why?" (list ~15 reasons)		
2) Cluster → Counter-mea	sures → Early warnings		
Clustered cause(s)	Counter-measure	Early warning signal	
2) Foor Cotting Define	> Duniont > Domain		
3) Fear-Setting — Define			
Define worst-case (realistically)	Prevent (reduce odds)	Repair (if it happens)	
(realistically)			
4) Water of the 61.	1.3		
4) Virtue pledge (this wee		e calendar	
"I'll practice Virtue by doing" the ask; Temperance $\rightarrow$ shut the			

Tier 3 — Weekly planning Page 2

## **Perspective & Close**

View From Above (60–120s)	Control / No-Control Sort		
Zoom out: self $\rightarrow$ room $\rightarrow$ city $\rightarrow$ world $\rightarrow$ stars. See today's issue in context.	Up to me	Not up to me	
	Stoic Reframe		
Close (60s): 3 Gratitudes or one-line "View F	rom Above"		
Perspective drills & close		Page 3	