My alternate plans

Having alternative plans helps minimise the chances of failure.

20 minutes

Learning to embrace the fear of failure will create a culture of experimentation and innovation. However, no endeavour can be fail-proof. Therefore, having alternate plans is important to minimise the chances of failure.

Having alternate plans will help you to deal with failure better by providing a sense of preparedness and control. Here is how it helps:

- Knowing there is an alternative plan when something doesn't go as planned will reduce the chances of panic and anxiety setting in.
- It provides the flexibility to pivot and adjust plans and increases the chances of success.
- It encourages risk-taking by giving you a fallback option.
- It leads to more innovation and creativity, ultimately leading to greater career success.

INSTRUCTIONS

01 Identify a goal or task you wish to work on.

02 Describe potential failure scenarios and brainstorm alternative strategies.

03 Evaluate each strategy and choose the best method. A sample worksheet is filled out for your reference.

02 Review and update your plans

Have a question? Send a mail to help@mindn.ai

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SAMPLE WORKSHEET

Step 1: Identifying your goal or outcome: Write down the goal or task you are working on.

I am in charge of organising a wellness workshop for 200 employees. This is my first time handling such responsibility, and I'm worried I'll do a poor job.

Step 2: Describe potential failure scenarios: Think about possible scenarios that could cause you to fail or fall short of your goal. Write down at least three potential failure situations.

a. I may choose the wrong trainer who cannot connect with the audience.
b. People might not show up.
c. The people who do show up may not find the workshop helpful.

- Brainstorm alternate ideas: What alternative steps could you take to overcome the above challenges?

a. I could organise an online session involving a few employees to check if the trainer is good.
b. I could poll select employees to check if the workshop contents are relevant.
c. I can schedule the workshop on a day and time that people will find convenient.

Step 3: Evaluating each strategy:

- What are the pros and cons of each strategy?

Option 1: Organising an online session with a few employees.

- Pros:

a. This will help me evaluate the connection and impact the trainer will have.
b. It will help me understand what the employees have in mind.

- Cons:

a. The turnout for the online session will differ from an offline session.
b. The audience may not express their opinion honestly.

- Choose a backup plan based on your evaluation. This will be the alternative strategy that you believe will be most effective in helping you overcome the failure scenario.

I choose option two from my list.

Step 4: Review and Update

Option 1 went well; I was assured that the trainer was good. I will now check topics of interest with the attendees.

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Date of Entry: / /

TO BE FILLED

Step 1: Identifying your goal or outcome:
Write down what is the goal or outcome you are working towards.

Step 2: Describe potential failure scenarios:
Consider scenarios that could cause you to fail or fall short of your goal. Write down at least three potential failure situations.

- **Brainstorm on alternate ideas:**
  What alternative steps could you take to overcome the above challenges?

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Step 3: Evaluating each strategy:
What are the pros and cons of each approach?

Choose a backup plan based on your evaluation. This will be the alternative strategy that you believe will be most effective in helping you overcome the failure scenario.

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Step 4: Review and Update

Dealing with failure can be challenging. The following are some ways to help you cope and move forward:

- Be aware of your emotions. It's natural to feel disappointed or frustrated after experiencing failure. Acknowledge your feelings and allow yourself to feel them.
- Take ownership of the situation and any mistakes you may have made. Acknowledging your role and taking responsibility gives you the courage to move forward.
- Seek feedback from your colleagues or seniors. Use the feedback constructively and avoid taking it personally.
- Be compassionate to yourself. It's essential to recognise that it's only human to err, and there are ways to deal with it.
- Practise self-care, and engage in activities that you enjoy and that can help you relax.

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