

Pre-Mortem



The ancient stoics use a term called the premeditation of evils *malorum praemeditatione* from which this approach has been taken and amended. Getting our fears out of our heads and objectively analysing them affords us the chance to press on and give us the best opportunity of fulfilling our potential.

What if I....

Define	Prevent	Repair

Pre-Mortem

What would be the benefits of an attempt or a partial success?

What are the costs of inaction?: Emotionally Physically Financially (over 6 months, 1 year, 3 years)

“Everyone has greater fortitude in arriving at a situation for which he has long prepared himself, and hardships that have been anticipated can also be withstood. In contrast, utterly trivial things can terrify people who are not prepared for them. We must see to it that we have not overlooked anything. Because everything is more serious when it is new, constant reflection will ensure that you do not face any trouble as a raw recruit.”

Seneca, Letter 107.4