

ANTIFRAGILE PRINCIPLES EXAMPLES

5. Make the Worst Case to Be Your Friend

When you face a new situation that you are not very familiar with or you are scared of, you've got to give it the best chance to succeed. And that might sometimes mean stepping outside your comfort zone, so you can grow, explore new opportunities, and be ready for whatever changes come your way. In such cases, you need to get comfortable with doing uncomfortable things. Here are a few steps to help you with that:

- **Set a target:** grab a piece of paper and write down a goal you are striving for.
- **Identify the benefits:** write down and specify what achieving your set goal would mean for you.
- **Make a list of the tasks you need to do to achieve your goal:** specify activities you need to complete on regular basis to reach your goal and write down 5 tasks you need to consistently do to help you do that.
- **List out the worst things that can happen:** some of the specified tasks might make you feel uncomfortable but instead of surprising your feelings and fears, acknowledge them and write why you are uncomfortable doing them.
- **Create a plan for how to prevent the worst from happening:** make a plan to help you prevent your worst fears from coming true. Do not imagine the worst and let it prevent you from taking action. Instead, let the worst-case scenarios propel you to take massive action so you can reach your goals.
- **Execute the plan:** now take steps forward outside your comfort zone that do not need to be super-fast but keep yourself in motion.
- **Surround yourself with other people in motion:** hook up with a crew of people who've got similar goals as you do. Then you all can work together to inspire, encourage, and support each other along the way.

As cozy and safe as it may feel right now, your comfort zone is not the place to be if you want to grow. Or if you want to live the good life over the long term. So, you've got to move forward. You've got to put yourself through a little bit of discomfort, so you can get to all the possibilities, opportunities, and blessings that exist on the other side. They are abundant. But the only way to reach them is to take a step in the direction of the unknown. And then learn to enjoy it.