

The 'what if...' game

Use this resource to check if you have thought about strategies to deal with every possible situation, scenario or issue that may threaten your plans to change.

What is the 'what if...' game?

The 'what if...' game is a game designed to check you have a plan or strategy in place for every conceivable situation that might threaten your change attempt. It requires you to recall the strategies you have planned to use when various challenging situations or barriers arise. Challenging situations refers to any situation that could weaken or derail your change attempt.

If you can recall a plan or strategy when asking a particular 'what if...' question, you are prepared for this specific situation. If you can't think of an answer for a particular 'what if...' question, this suggests you have a potential weak point that needs addressing.

Instructions

Ask yourself as many 'what if...' questions as you can think of, paying particular attention to the 'what if...' scenarios that have caused you trouble in the past. Some examples questions might include:

- What if you're really tired after a busy day at work and the last thing you feel like doing is exercising?
- What if a friend you haven't seen for a while asks you to have dinner or drinks at a time when you had planned to exercise?
- What if the weather is so bad you can't go for a planned run or outdoor exercise routine?
- What if you planned to exercise this evening but you are still really sore from exercising the day before?

If there are any 'what if...' questions you are unsure about, or if there are questions that you can't answer at all, then you will need to come up with a plan or strategy to ensure that if a particular situation arises you will be ready.

Remember, pre-empting problems and putting plans in place will mean your chances of overcoming problems will be greatly increased.

Good luck!

NOTE: This resource can be used in conjunction with the resource 'Be aware and prepare'.