



# Change Academy Lab Notes

**TOPIC:** Contingency plans

**EPISODE** #34

## **NOTES/TAKEAWAYS:**

## **EXPERIMENT:**

1. Identify which of your plans get derailed most frequently.
2. Come up with 3 possible contingency plans that will help you minimize the damage instead of adding to the stress.
3. Gather whatever information, ingredients, or materials you'd need to execute that contingency plan.
4. Keep your contingency plan in written form somewhere where you can easily access it when necessary.

## **OBSERVATIONS:**

## **FURTHER EXPERIMENTS:**