**CONTINUUM TOOL:**

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1. Bullet point the details of the “worst case” experience in the given situation
   1. Ask yourself, if you could survive it
2. Bullet point the “best case” experience in the given situation (absolutely the ideal)
   1. Ask yourself, if you could survive it
3. Invite yourself to create the “most probable” experience, pulling from, but changing details in both the worst and best case scenarios
   1. You already know you can survive it, if you can survive the more extreme end points!
4. If you want a self-directed focus (your behaviors) to encourage or increase the potential to move toward the best-case scenario, bullet point some options along the arrows

Worst Case Scenario--------------Most Probable-------------------Best Case Scenario

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