

Scenario Planning Grid

A grounded way to explore possible futures without fear or fantasy.

Use this grid to sketch three plausible outcomes for the decision you're considering. The goal isn't prediction — it's clarity. Write honestly, without catastrophizing or idealizing. Most people find that the "most likely" scenario is gentler than they expected.

THREE REALISTIC SCENARIOS

BEST CASE

"What positive, realistic outcome could unfold?"

Describe a genuinely positive but realistic outcome. What might go right in a grounded way?

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WORST CASE (REALISTIC)

"What challenging but survivable outcome might happen?"

Stay with realistic difficulty, not catastrophe. What would be hard but survivable?

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MOST LIKELY CASE

"Given what I know now, what outcome sits in the reasonable middle?"

Sketch the outcome that feels like a reasonable middle path — not extreme, just probable.

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What I Notice After Seeing These Scenarios

Capture any shifts in perspective, patterns you see, or emotional reactions.

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- Which scenario feels most emotionally charged, and why?
- What assumptions became clearer?
- How does this shift my sense of risk or possibility?

Additional Notes by Scenario

Use this page if your decision has many layers or if your scenarios need more nuance.

Best Case — Notes & Considerations

Add details about assumptions, supports, and small steps that would move you toward this scenario.

Worst Case (Realistic) — Notes & Considerations

Note what would help you cope, recover, or prevent this outcome from becoming worse.

Most Likely Case — Notes & Considerations

Explore what you can do now to tilt the most likely scenario in a more supportive direction.

Use this page only if it feels helpful. The goal is grounded clarity, not over-analysis.

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