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Life is filled with so many twists and turns. But I avoid getting confused and worried by the uncertainties. **My strategy is to set goals so I am prepared for whatever life throws my way.**

The economy is very unpredictable so I make sure I plan for that. My financial stability is the most significant priority so I am able to weather any financial storm.

I stick to the savings goals I set each month. **Before spending a cent, I put away a predetermined sum for rainy days.** This approach protects me from struggling when life throws a curve ball.

My emotional well-being is also a priority. Positive relationships add so much to my life, but I avoid relying on them for my happiness.

I spend time doing things that bring me fulfillment and joy. This approach allows me to maintain my peace of mind even when friends come and go. **Each day I plan to spend time with myself so I avoid being impacted by unexpected aloneness.**

Goal setting prevents disruptions from creating havoc in my life. I am calm and composed when hit by an unexpected occurrence. It is easy for me to resume normalcy because I am a planner.

Today, I acknowledge the effectiveness of planning for the unexpected. Each area of my life is important enough for me to plan for uncertainties. I am committed to setting realistic goals so I am able to maintain my peace of mind.

Self-Reflection Questions:

1. How do I recover when something happens that I am unable to plan for?
2. When is it necessary for me to set aggressive goals?
3. How often do I encounter uncertainty in life?