

Scenario Planning

Preparing yourself for navigating new choices and practices

We have found from our collaborations with public health and other clinicians, that when we embark on making changes in our lives, it's helpful to orient ourselves to what is likely to arise along the way. This worksheet is about rehearsing each step involved in an air travel decision.

This covers these main areas:

- Preparing internally
- Alignment with relationships/stakeholders
- Finding alternatives to air travel
- Logistics of ground/sea travel

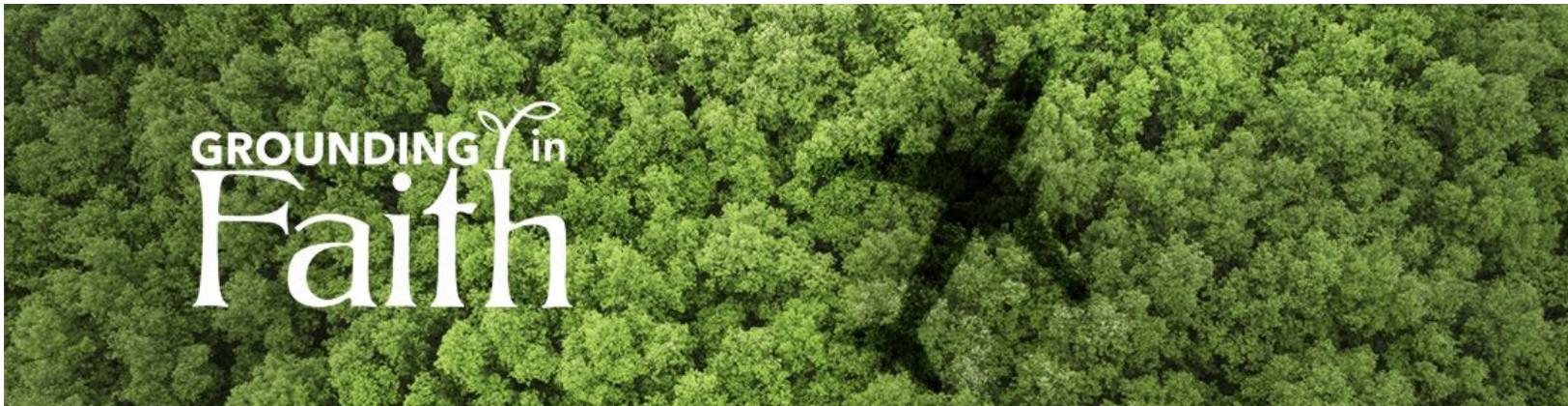
We suggest going through the following process with a fellow from the Grounding in Faith Workshop, or a friend/family member who is supportive and interested in exploring this journey with you.

SCENARIO PLANNING

Imagine a scene in which you will be making a decision about travel that might involve flying. What's possible for you??

Options:

- Telecommute
- Find out about local options
- Alternative travel methods
- Not going



GROUNDING ⁱⁿ Faith

Exploring your response: We suggest you keep a notebook or journal to capture the following reflections. Trust us, this will really help you as you navigate these choices.

- What comes up when you consider each option?
- What appeals to you about each?
- What challenges you about them?
- What would make any possible?

Relationships:

- Who is affected by your choice to reduce air travel?
- What do you imagine are their needs and feelings?
- How can you address those needs and feelings?

If you need support in having productive conversations with the people who are affected, download the AIR CONVERSATION GUIDE.

What information do you need to?

- Logistics for alternative travel options - Train, bus, boat
- Where can you find them?
- Who can you talk to who's done that and can advise you?

Inspiration

- What would anchor your commitment to flying less more deeply?
- Who can you talk to for support?

List the steps you're taking to fly less in this scenario. Be kind and compassionate with yourself.

Progress, not perfection (12-Step motto).