

The Worry Matrix

<p>LIKELY to Happen + INSIDE Your Control (in that you can plan & prepare)</p> <ul style="list-style-type: none">• Earthquake in CA, Hurricane in FL, Snow in MN → Stock up on supplies• Accident on camping trip → First aid kit & training• Retirement → Save \$\$• Illness → Buy health insurance• Death → Prepare a will <p><i>Some of these things WILL happen! The more prepared you are, the less worried you will be.</i></p>	<p>UNLIKELY to Happen + INSIDE Your Control (in that you can plan & prepare)</p> <ul style="list-style-type: none">• Earthquake in MN → Stock up on supplies (which double as supplies for most other emergencies as well) <p><i>If you are prepared, there's nothing to worry about.</i></p>
<p>LIKELY to Happen + OUTSIDE Your Control</p> <ul style="list-style-type: none">• Earthquake in another country.• Illness or death outside your family. <p><i>There is nothing you can do about this. Worrying will not help!</i></p>	<p>UNLIKELY to Happen + OUTSIDE Your Control</p> <ul style="list-style-type: none">• Martians invade Earth. <p><i>This is so unlikely to happen that there's nothing to worry about!</i></p>