

WB 8.3 — Blank If-Then Plans

Use with Chapter 4 (The Line) and Chapter 11 in the manual, Chapter 4 in *Shoulder the Bill*.

Reproducible template — photocopy this page and reuse as often as you need.

Purpose If-Then plans on their own, for when the map is built and what you are short of is exits.

How to use this page

When: Use when a trigger you already recognise keeps catching you without a rehearsed response.

Done when: You have written four If-Then pairs, each naming what happens and the one thing you will do when it does.

Anchor Phrase: *'That happened before. This is now.'*

Loop stage: Notice → Name → Narrow

If this happens → then I will:

If this happens → then I will:

If this happens → then I will:

If this happens → then I will:

☐ Self-Reward Loop completed