



## MVS: Premeditatio Malorum - Embrace the Unexpected.

### Title

Premeditatio Malorum - Embrace the Unexpected

### Description

*"What is quite unlooked for is more crushing in its effect, and unexpectedness adds to the weight of a disaster. This is a reason for ensuring that nothing ever takes us by surprise. We should project our thoughts ahead of us at every turn and have in mind every possible eventuality instead of only the usual course of events."* - Seneca

We are so accustomed to the **comforts** of modern life that, typically, at the slightest **unexpected** event, people become flustered.

**Life, by definition, is stressful and unpredictable. It is not comfortable.**

Nestling in comfort is not the solution that will allow us to be ready to **respond to tough unforeseen scenarios**.

**"Premeditatio Malorum"** is a core principle of Stoicism, translating to *"the premeditation of evils."* It involves **envisioning** potential challenges, **adversities**, or misfortunes **before they occur**.

**This practice isn't about pessimism but preparation.**

By mentally rehearsing life's difficulties, we build resilience and cultivate a **mindset ready** to face any obstacle with **calm** and **composure**.

By incorporating Premeditatio Malorum into your daily routine, you build **mental toughness** and foster an inner strength that **turns** potential **fears** into **manageable**, conquerable **realities**.

### Tasks

#### **1. Visualize Unexpected Scenarios**

Again, we are going to use a visualization exercise. And again, take it **seriously** and make it as **real and detailed (colors, emotions, places, people expressions, etc.) as possible**. If you are not using this mind ability you are leaving a lot behind you on your life path dear Mrs./Mr. Couch Potato. **Your mind is your ally.**

**Remember that no one can help you except yourself.**

The exercise consists of **imagining various unexpected scenarios**, from the **least severe** to the **most critical**, and **resolving** them by proposing possible **concrete actions**. It can even be helpful to create **specific, detailed** and in some cases, **sequential steps** ("algorithms") to follow in various situations (obviously it's impossible to cover them all exhaustively). This approach can assist us because, if we find ourselves in such a scenario, we would have a "**recipe**" to recall to mind instead of being consumed by **chaos**, uncertainty and fear.

Below there is the **minimum** list of scenarios you should practice. Then, you should expand it.

I know we tend to perceive some of these events far from us but the reality is that any of these **could potentially happen tomorrow...or today**. **Do not to be naive** and confused. **Be prepared.**

- Flight cancelled
- Discussions that don't go as expected
- High Fever
- Missing an important meeting

- Minor injury
- Big mistake at your current job
- Unexpected job loss
- Household issues
- Thief robbed at your home while you were away
- Thief enter in your home while you are in your bedroom
- Natural disaster (earthquake, storm, etc.)
- Treason
- Death of a loved one
- Permanent disability
- Unexpected terminal disease
- You're kidnapped
- A family member of yours is kidnapped

Let's go in more detail with one of the example.

#### **Example Scenario: Sudden Job Loss - Sample Questions and Answers**

- **Determine if I was fired or if I resigned.**
  - I resigned.
- **Am I entitled to severance pay or unemployment benefits?**
  - No.
- **Considering severance pay/unemployment benefits/savings, how many months could I sustain leaving below my current lifestyle?**
  - 6 months.
- **Do I need to financially support other people around me?**
  - No, I live on my own.
- **Are my skills still relevant in the job market?**
  - Not as much as they were in the past.
- **Do I have backup skills, or am I proficient in only one field?**
  - Currently, I'm not proficient in other fields.
- **Do I want to continue in my current field or develop alternative skills?**
  - I want to develop alternative skills

- **What skills could I potentially develop during this period of unemployment?**
  - Digital marketing, copywriting, programming, waitering, bartending, etc.
- **What are the most in-demand jobs in 2024? Do I have the possibility to learn them without spending money?**
  - Do your research. e.g. <https://www.upwork.com/resources/in-demand-jobs-and-skills>
- **Can I estimate how much time I need to learn these skills at the minimum level needed to work?**
  - Digital marketing: 2 months, full-time. <--- *let's choose this*
  - Copywriting: 1 month, full-time.
  - Programming: 6 months, full-time.
  - Waitering: 1 month.
  - Bartending: 2 months.
- **Which are the most successful people in this sector?**
  - Do your research
- **Do I have a list of FREE resources where I can learn?**
  - Digital marketing. e.g.:
    - <https://www.youtube.com/watch?v=h95cQkEWBx0>
    - [https://www.youtube.com/watch?v=reisEL\\_D7xc](https://www.youtube.com/watch?v=reisEL_D7xc)
- **Do I need access to physical locations for training?**
  - Digital marketing: No.
  - Copywriting: No.
  - Programming: No.
  - Bartending: Yes.
  - Waitering: Yes.
- **Should I invest some money in courses related to these jobs?**
  - Not too much.
  - How much could I afford to spend?
    - 300 euros.

- Digital Marketing course  
e.g.: <https://www.udemy.com/course/digital-marketing-guide/?coupon...>
- **How did others start working in these fields?**
  - Digital Marketing  
e.g.: <https://www.reddit.com/r/DigitalMarketing/comments/1bjvzmn/h...>
- **Are there strong communities where I can ask for advice (Discord, Reddit, Facebook, Twitter, etc.)?**
  - Yes. Reddit, Discord, etc.
- **Monthly Expense Analysis: How can I save more money based on my current spending?**
  - Reduce eating out
  - Cut your own hair
  - Avoid buying unnecessary shit
  - Say NO more often
  - Reduce home bills (no tv, less time with lights turned on, etc.)
  - Stay busy all the time (train, study, meditate, walk, sleep, repeat)
- **Am I renting? Could I move back in with my family and temporarily leave my current housing to extend my savings?**
  - Yes, I could but just for 2 months. This could allow me to survive 8 months in total instead of 6.
- **Do I know any recruiters in my network?**
  - Yes I do. I know Gino Pistone (HR Generic), Bamba Maria (HR specialized in Hospitality) e Andrew Pizzicato (HR specialized in IT). I'll contact them tomorrow.
- **Do I know people in my network who own businesses and might be looking for help?**
  - Yes, I do. Gary Pucchiacco is looking for waiters. Jane Ziana is looking for bricklayers. I'll contact them today.

These questions were just examples; you can go deeper; the more **detailed** and **practical** you are, the more useful this exercise will be.

### Duration

Complete the above-mentioned list and expand it with other events that could occur in your life.

### **Expected Results**

- You have developed a **strategy for reacting properly** to the **most critical unexpected events** that could occur in your life.
- When you think about these events, you remain **calm** because you know how to react and which **concrete actions** to take.
- You feel **more confident** in your daily life because, in your mind, **you have already faced the worst-case scenarios**.

Go and **embrace the unexpected** dear Mr./Mrs. Couch Potato.

For any feedback, criticism, suggestions, chat: [infobecapable@gmail.com](mailto:infobecapable@gmail.com)

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