ANTIFRAGILITY
a daily practice

Antifragility sounds great in theory. But what does it actually look like on a Tuesday morning when things aren't going your way? That's what this month's worksheet is about. Not a performance framework. Not a benchmark. A cumulative six-month build — three phases, each one layering on top of the last. Use it in combination with the **Rethink Resilience worksheet**.

One hundred and eighty days. Three phases. One direction → forward.

PHASE I - NOTICE | 30 days

The first thirty days, you simply NOTICE. Every time something goes wrong, you write down one answer to a single question:

What is this making possible that wasn't before?

You are not fixing anything yet. You are learning to read the storm differently. By the end of the month, you won't just have a list of setbacks. You'll have a map of yourself. And that map is where your journey to antifragility begins.

Example: Your meeting got cancelled. You used the hour to have a conversation you'd been avoiding for weeks. That conversation opened a door.

PHASE II - STRETCH | 60 days

The next sixty days, you STRETCH. You take what you have noticed and you do something with it. One thing, consistently, for fifteen minutes a day. You do not have to be good at it. You just have to show up. Pick one thing you've been avoiding because it feels unfamiliar or outside your lane.

- A skill you've been meaning to build
- A conversation you've been putting off
- A community you've been curious about but haven't engaged with

PHASE III - BUILD | 90 Days

The final ninety days, you BUILD. This is the phase that changes your position. If your primary role, income, or daily structure changed tomorrow, what would you fall back on? Spend ninety days building that thing. Not planning for failure. But spend time building options.

- One conversation a week with someone new.
- One hour a week on something that belongs entirely to you.
- One small move toward a version of your life that doesn't depend entirely on things staying the same

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PHASE I - NOTICE | 30 days Start date:_____

(print as many sheets as required)

What did you observe? Did you identify any trends? What opportunities does this setback make possible?

Date	What went wrong?	How do I feel?	What is this making possible?

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PHASE II - STRETCH | 60 days Start date:_____

(print as many sheets as required)

From your observations in the past 30 days, identify a goal. Commit to it below. Then show up everyday.

For the next 60 days I will (your goal)_____

Date	Time	Did you act?	How are you staying bold?
		Yes/No	

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PHASE III - BUILD | 90 days Start date:_____

(print as many sheets as required)

What did you NOTICE in the first 30 days? How did you STRETCH yourself in the next 60 days? What would you like to do with this information? What would you BUILD? Break it down into bite-sized steps.

Steps	HOW do I do it?	WHAT are my resources?	Check in
			Week 1
			Week 2
			Week 3

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180 days. You showed up. Now look back. One final reflection. Not only to celebrate, but also to understand what you built.

Looking back at Phase I, what patterns surprised you most?

What did you build in Phase III that you could not have predicted in Phase I?

Where are you now in the Rethink Resilience quadrant compared to where you started?

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