

HOW TO PREPARE FOR TOUGH TIMES

There may be very little you can do to prevent tough times, but you can control the way you respond to them. Here are eight guideposts to help you prepare for hard times:

BE REALISTIC. Don't become complacent by believing that good times will last forever.

BE PRACTICAL. Problems are best addressed before they arise. Don't wait for a fire to locate the exits.

BE POSITIVE. Surround yourself with positive and supportive people.

BE PROACTIVE. Think about what you'd do if you were faced with tough times. For example, take steps to remain healthy, reduce overhead costs, and expand your social network.

BE CAUTIOUS. Hedge your bets to protect your downside. If you place all your eggs in one basket, any fall will be a messy one.

BE HUMBLE. Remain grounded. Don't let success go to your head. Achieving success is hard; staying successful is even harder.

BE ACCOUNTABLE. Own the problem. Don't waste precious time and energy making excuses or casting blame. Move forward rather than dwelling on the past.

BE DETERMINED. As Richard M. Nixon said, "A man is not finished when he is defeated. He is finished when he quits."



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