

Plan Vs No Plan

By Darryn White

Competing in the most recent Sydney to Hobart ocean yacht race has led me to this article about setting and sticking to a plan or goal.



In the lead up to our race the crew discussed how we were going to approach the race and what our plan would be getting to the finish line and getting our desired result.



This plan was developed following discussions with past competitors with high levels of experience with this race who saw consistently good results following a plan such as this.

Our plan consisted of being a certain distance off the coast which would put us in more consistent wind and more importantly ocean

currents going the way we were, assisting our speed.

As there are no fixed turning marks with a race like this we have the ability to basically go wherever we please as long as we reach our destination. Setting off from the start saw us in a great position and well on target to reach the next part of our plan. As the race went on we found ourselves in a commanding position and in a location we thought favourable.



At this point we abandoned the plan and continued on our merry way looking only at the possible result. As time wore on, and trust me in a race like this time can seem to move slowly, we found the advantage we had created

was diminishing fast and to the point where we were being disadvantaged.

The following day when all our competitor's positions were given, we realised we had slipped well back in the fleet and to make matters worst those that persisted and went where our original plan would have taken us, were well in front leaving us no option but to follow. It was at that point that



I realised just how important sticking to a plan is, despite the distractions (otherwise known as Bright Shiny Objects) along the way.

Once we momentarily reflected on what we had or hadn't done, we proceeded to stick to the rest of our plan to the finish. The result was that we made considerable ground on the fleet ahead of us and finished much better than we thought might be the case, even though not as well as if we kept to the plan fully.



Out of all this I am not suggesting that once a plan is set it is then in concrete so it cant be changed. What I am suggesting is that if a plan is founded and based on previous experiences or results, then there must be a good reason or dramatic change of circumstances to abandon it for an alternative.

ti If we look at the goals or plans we set ourselves there are four possible scenarios and two main results.

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The first is to **STICK TO THE PLAN AND GET THE DESIRED RESULT.**

Quite simply, this is the best possible outcome, but the plan needs some foundation. If it has been proven to work in the past then, with all things equal it will work this time as well.



