

Worksheet # 1 – “What Am I Willing to Do?”

Not a problem for me to do:	Not a problem for me to do:
I would be willing to try this:	I would never do this:

Worksheet # 2 – “That’s Just Crazy!”

Activity:

1. Take part in a karaoke competition
2. In a no-smoking area, ask someone to stop smoking
3. Go bungee jumping
4. Go for counseling to sort out personal difficulties
5. Hug a complete stranger who is in distress
6. Cry in public
7. Get in a physical fight
8. Live on an island for a month
9. Take a vow of silence for a day
10. Throw a huge snowball at someone
11. Get your fortune told
12. Go on a blind date
13. Dance in the pouring rain
14. Play an elaborate practical joke on someone
15. Learn to dance (Hip-Hop, Salsa, Jazz)
16. Speak to an audience of a thousand people
17. Eat something that’s alive (like an insect)
18. In an elevator, laugh hysterically for 5 seconds in front of strangers
19. Go to a strip club
20. Fast for at least two days
21. Take a ride in a hot air balloon
22. Spend a week at a meditation retreat
23. Live in a foreign country for at least three months
24. Swim in the nude in a public place
25. Jump off a high cliff into the ocean

Worksheet # 3 – “Why We Avoid Risk”



“Taking a new step, uttering a new word, is what people fear most.”.”

- Fyodor Dostoevsky

Take a moment to brainstorm all the possible reasons why people avoid risk-taking in their lives:

The five main reasons why people avoid risk:

- 1)
- 2)
- 3)
- 4)
- 5)

Worksheet # 4 – “Supporting Risk-taking”



“Don’t be afraid to take a big step. You can’t cross a chasm in two small jumps.”

- David Lloyd George

Take a moment to brainstorm all the possible ways risk-taking can be supported:

The five powerful perspectives on risk-taking that can help you move forward:

- 1)
- 2)
- 3)
- 4)
- 5)

Worksheet # 5 – “The Rewards of Risk-taking”

1. So, what have you been wanting to take a chance on? Think of a desire or dream you have not pursued because of what you’ll lose if it doesn’t work out:

2. In the first column below, list what you think you will lose if you take this chance and it doesn’t work out. Write down every possible negative outcome you can imagine.

What do I stand to lose?	What do I stand to gain?

3. Next, take each of the items you have just identified as a possible loss and in the second column flip them around into possible positive rewards. Write down every possible positive outcome you can imagine.
4. When finished, look over the costs and rewards you have identified. In which direction does the scale tip? If the possible losses still outweigh the possible rewards, consider revising your dream or desire so that the scale tips in the other direction.
5. As a final thought, consider the consequences of not taking this chance on yourself and your dream. What do you stand to lose then, and are you willing to live with that?

Worksheet # 6 – “Action Learning”

Look back over the worksheets you’ve completed in this training around the “Courage, Risk, and Rewards” approach to taking chances and answer the following questions.

- 1) What is my general level of courage toward pushing my personal boundaries and taking risks?

- 2) What am I trying to avoid the most when I don’t take a chance?

- 3) What would support me the most when taking a risk?

- 4) What reward from risk-taking would motivate me the most to take a chance?

RISK

Author unknown

*To laugh is to risk appearing the fool.
To weep is to risk appearing sentimental.
To reach out to others is to risk involvement.
To expose feelings is to risk exposing your true self.
To place your ideas, your dreams, before a crowd is to risk their loss.
To love is to risk not being loved in return.
To live is to risk dying.
To hope is to risk despair.
To try is to risk failure.*

*But risks must be taken,
because the greatest hazard in life is to do nothing.
The person who risks nothing,
does nothing, has nothing, and is nothing.
They may avoid suffering and sorrow,
but they cannot learn, feel, change, grow, love, live.
Chained by their attitudes, they are a slave,
they forfeited their freedom.
Only the person who risks can be free*