



Weighing the Risks

Though we often make crucial life choices based on gut feelings, intuition and instinct, it may also help to weigh the risks involved—what we stand to win and lose.

RISK TO BE TAKEN:

WHAT I COULD LOSE:

○○○○○○○○ _____

○○○○○○○○ _____

○○○○○○○○ _____

○○○○○○○○ _____

○○○○○○○○ _____

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○○○○○○○○ _____

○○○○○○○○ _____

○○○○○○○○ _____

○○○○○○○○ _____

_____ **TOTAL**

WHAT I MIGHT GAIN:

_____ ○○○○○○○

_____ ○○○○○○○

_____ ○○○○○○○

_____ ○○○○○○○

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_____ ○○○○○○○

_____ ○○○○○○○

TOTAL _____

Use this worksheet to evaluate the pros and cons of a risk you're deciding to take. Think of a risk as anything new or that represents a significant change in your life. It could be taking on a big project, a new relationship or starting a business. Write the things you gain by taking the risk on the right side of the scale, and the things you stand to lose on the left side. Give each pro and con a weight, by filling in the circles. If the potential gain or loss is very large, fill in all the circles. If the potential gain or loss is small, fill in just one circle. Then count the number of circles for the gains and losses to see which side carries more weight.