



Learning From Your Risks



Sometimes, the only way to accomplish a goal, solve a problem or achieve success is to take risks. Risks not taken can later be a source of regret, frustration or depression—even if chances for failure were high.

Think of five times in your life when you have taken a chance and it turned out well. What did you learn from taking these risks?

<i>Risk</i>	<i>What I Learned</i>
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____

Now list five risk situations that did *not* turn out well for you:

<i>Risk</i>	<i>What I Learned</i>
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____

There are times when we evaluate a risk, play it safe, and decide not to take it. There are other times when we later wish we had taken the risk. Can you think of some risks you did not take, why you avoided the risk, and whether you now feel you made the right decision?

<i>Risk</i>	<i>Why I Avoided It</i>	<i>Right or Wrong Decision?</i>
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____