

### Risk & Failure Worksheet

1. What is your relationship with taking risks, making mistakes and the possibility of failure right now? (ie. Is it ok? Is it how you learn? Is it dangerous? Is it unacceptable? Etc )
2. Where did you learn this? (ie. Parents, spouse, friends, work etc)
3. How does your current relationship to failure impact your choices and your quality of life?
4. What do you want your relationship with taking risks, making mistakes and failure to be?
5. How would that impact your choices and quality of life?
6. If you were to draw a map from where your beliefs are about this now, to where you would want them to be, how would you get there?
7. What do anticipate the obstacles would be?
8. How can you deal with the obstacles that come up?

Watch TED: The unexpected benefit of celebrating failure (Astro Teller)  
and/ or The surprising habits of original thinkers (Adam Grant)

Discuss