



Finding My Tolerance for Risk

On a sheet of paper, write the title Find My Risk Tolerance Level at the top of the page Start by thinking about 3 **risks** that you would like to take in order to accomplish one, or several *goals*. Use your imagination! Do not put any limits on yourself by putting a limit what you think you can accomplish. Next, categorize the three **risks** by color: red is for the highest **risk**, yellow is for the moderate **risk** and green is for the lowest **risk**.

Now write down on a scale of 1-10 (1- high confidence that you will take the risk, 10- low confidence that you will take the risk). Multiply these numbers by 10. The answer serves as an analysis your **risk** tolerance level and the fear associated with it. It is very important that you identify the root-cause of the **fear** associated with taking each **risk**. This step will require an honest assessment of the **fear** and finding the underlying reason it exists. Do not continue until a root-cause for your **fear** is understood.

The next step is to think about the hold this *fear* has over your progress. Then write down what will happen if you never face this *fear* by taking a calculated *risk*. What *dreams* and *goals* may never be realized if this *fear* is not overcome? Next, move to build *courage* by writing what will happen if you take a **risk** and overcome the *fear*. What *dreams* and *goals* will be within your reach once the *fear* is reduced or eliminated?

Finally, muster enough *courage* to attack the **risk** with the highest score first, regardless of which **risk**-level it is in. Use a *goal*-worksheet to plot out the steps it will take to complete each task. Then get to work immediately. If you are unable to complete the task, refer back to the *goal*-setting chapter to analyze, recalculate, and try again. You are accountable to yourself! Therefore, the time has come to put away your *fears*, past disappointments, and excuses by assessing your tolerance for **risk**.

Red risk: _____

Chance of me taking this risk (10 low-1 high) ____

Fear of taking this risk (Chance ____ x 10)= ____%

Root-cause of fear: _____

Overcoming it will cause: _____

Yellow risk: _____

Chance of me taking this risk (10 low-1 high) ____

Fear of taking this risk (Chance ____ x 10)= ____%

Root-cause of fear: _____

Overcoming it will cause: _____

Green risk: _____

Chance of me taking this risk (10 low-1 high) ____

Fear of taking this risk (Chance ____ x 10)= ____%

Root-cause of fear: _____

Overcoming it will cause: _____

Risk to take immediately: _____