Habits of Mind

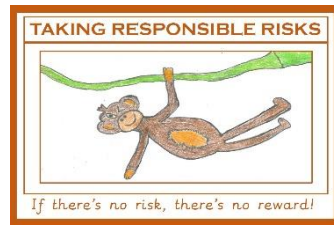## **Taking Responsible Risks**

What does it mean?

It means giving things a go even if at first they seem a little scary or trying something you always thought was too hard for you. It means adding some adventure to your life and seeking out a challenge.   You should not do it if it hurts yourself or another person, then it is not responsible.

When should you use it?

Use it when you are faced with a challenge and have to overcome your fears to give it a go or when you need to step outside your comfort zone.

Strategies to help

- You could complete a risk analysis and consider the advantages and disadvantages of taking the risk. What could go wrong? Are the advantages worth the risk?
- You can listen to the advice of experts, people who have done what you are trying to do. Look to a hero for inspiration.
- Make sure you don't over think things. Have a go and take a chance.
- Use your inner voice to calm yourself; 'All I have to do is . . . and it will be over in minutes, and I will feel great'.
- Use questions to lead you to new ways of thinking - 'What would it be like if . . .?' 'How would things be different if . . .?' 'What if I changed . . .?'
- You may not want to take a responsible risk alone and could try it with the support of your friends and family.

Questions to consider

- What are you most afraid of?
- Use questions to lead you to new ways of thinking - 'What would it be like if . . .?' 'How would things be different if . . .?' 'What if I changed . . .?'
- Think of a time you tried something new and it went well. How did you feel afterwards? How can you recapture that feeling?
- How do you take your next step forward?