



COURAGE

RISK

Identify the fears that hold you back?

What risks to you perceive?

Choose one of your 'fears' and work through the questions

The risks involved in acting

The risks involved in avoiding

What is within your control?

What is outside of your control?

How you can mitigate some risk?

RESILIENCE



DR CAROL DWECK, MINDSET, 2006

RESILIENCE

Identify a situation where you coped better than you would have imagined with a challenge or a situation:

Describe the situation:

The context in which it occurred:

The qualities I was able to access were:

How I access those qualities is:

RESILIENCE

How they are of value to me and what they enable me to do to is:

I draw strength and energy from:

Faced with adversity my superpowers are:

Failure, knock-backs in the past have taught me this about myself:

I must create connection with my networks, resources and emotions in the following ways to restore energy:

BOLD ACTION

Reflect on the vision, goals and direction you are wanting to move towards. Knowing you can now be confident in your abilities and beliefs to get you there. Considering the ways you have learned to be more connected and challenge risk and fears, let’s consider some tangible changes. Some exciting, powerful, positive moves out of your comfort zone.

If I had no fear I would:

Stop	
Start	
Continue	

The first step towards each of these is:

Think	
Feel	
Do	

The biggest change I can make is to:

Think	
Feel	
Do	



Reflection & insights to treasure forever

A large, empty white rectangular area for writing reflections and insights.

