### Habits of Mind

#### Taking Responsible Risks

**Motto:** If there's no risk, there's no reward!

**What does it mean?**

Giving things a go even if at first they seem a little scary or trying something you always thought was too hard for you. 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?**

When you are faced with a challenge and have to overcome your fears to give it a go. 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**

1. What are you most afraid of?
2. 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 . . .?'
3. Think of a time you tried something new and it went well. How did you feel afterwards? How can you recapture that feeling?
4. How do you take your next step forward?