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# INTELLIGENT RISK



THE WORKBOOK

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# INTRODUCTION

Welcome to the "Intelligent Risk: Becoming a Strategic Risk Taker" workbook, where you will discover how to leverage risk-taking as a strategic tool to achieve your goals and enhance your personal and professional growth.

This workbook is designed to help you develop a strategic risk-taking mindset and equip you with the necessary tools and techniques to manage risks intelligently, resulting in increased opportunities for success.

In the following pages, practical exercises and thought-provoking questions will challenge your perceptions and encourage you to embrace calculated risks.

Whether you are an entrepreneur, a business leader, or simply looking to elevate your career and personal life, "Intelligent Risk" will guide you toward a more fulfilling and prosperous future.

# REFRAMING RISK

A mindset shift is one of the best ways to become a risk-taker.

Too often, we instantly look at risk negatively. However, risk itself is neither negative nor positive – it just is. Thinking that risk is negative and dangerous may keep you protected but also holds you back from success and growth.

The first step you need to take is to reframe risk as an opportunity. You don't want to be rash and take every risk you can, but you do want to look at it through the lens of opportunity.

## Examine Risk in Your Current Life

Have there been any risks you have been weighing in your life? For most of us, there is always some risk on the horizon.

**Some everyday examples include:**

- Driving a car
- Crossing the road
- Career changes
- Trying new things
- New social situations
- Asking someone out
- Asking for help/favor
- Trusting others
- Traveling to new destinations
- Expressing yourself
- Etc...

Now reflect on the risks in your life that you have been putting off or otherwise avoiding. First, describe what the risk is, then why you are worried. After that, reframe that risk as something positive. What positive impact could this risk have on your life?

<b>Your Risk:</b>
<b>Why You Are Worried:</b>
<b>Reframe That Worry into The Positive Impact It Could Have On Your Life:</b>

<b>Your Risk:</b>
<b>Why You Are Worried:</b>
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Positively reframing risk will be the single most important step you will take to become a risk-taker.

The following steps will help you add some strategy to these risks.

# I INTELLIGENT RISK REQUIRES KNOWLEDGE

The next step to becoming an intelligent risk-taker is knowledge. The best way to make a risk more palatable (while increasing the likelihood of success) is to learn as much as possible about it.

With the internet available to most of us, this is the easiest place to start.

Remember that not every source is as reliable, so getting as much information as possible is encouraged.

The following pages will include some templates you can use to acquire knowledge about the risks in your life.

**Your Risk:**

Pros of Taking Risk	Cons of Taking Risk

**Sources of Knowledge (websites, books, studies, etc.)**

**Your Risk:**

Pros of Taking Risk	Cons of Taking Risk

**Sources of Knowledge (websites, books, studies, etc.)**

**Your Risk:**

Pros of Taking Risk	Cons of Taking Risk

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**Your Risk:**

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**Sources of Knowledge (websites, books, studies, etc.)**



## SEEK ADVICE

Another great way to learn about your risk is by seeking advice from a trusted source. This can be someone whose opinion matters to you or who has taken a similar risk.

You don't want to take anyone's word for the gospel, but sometimes bouncing ideas off someone else will make it easier to decide.

In the area below, make a list of contacts you could reach out to for advice.

[illegible]



## KEEP SCORE AND KEEP GOING

Tracking your risk-taking is a strategic way to manage your risk. When you. Keep track of what risks you have taken and how they have worked out – you will start to see patterns (i.e., what are good risks and bad risks).

Reflecting on your risks is also a great way to build confidence in taking them. You will quickly realize that the payoffs are greater than expected, and the downside isn't always as bad as you feared.

A great way to start this exercise is to reflect on some of the risks you have already taken. The template below will help you do that. Then once you have filled out a few past risks, start tracking any new risks as they pop up in your life.

The templates on the other page will help you “keep score.”

<b>The Risk You Took:</b>	
<b>How Things Worked Out:</b>	
<b>What You Learned</b>	
<b>Would You Do It Again?</b>	

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<b>Would You Do It Again?</b>	



# CONCLUSION

In conclusion, "Intelligent Risk: Becoming a Strategic Risk Taker" is not just a workbook but a practical guide to help you unlock your potential and transform your risk-taking mindset.

By implementing the concepts and strategies outlined in this workbook, you can make more informed decisions, take calculated risks, and seize opportunities you would have otherwise missed.

As you progress through the exercises, you gain a deeper understanding of your risk-taking preferences and develop the confidence to pursue your goals with a calculated and strategic approach.

Remember, taking risks is an essential element of growth and success. With "Intelligent Risk," you can learn to embrace risk-taking as a strategic tool and unlock new possibilities.

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