

Rules to risk by

(from Change and Transitions)

Making big decisions can be scary. So, it might help to take small risks and make some small changes to your life to help build your capacity for taking bigger risks and making bigger decisions. Try these on for size.

There are eight key areas of your life:

- ◆ home
- ◆ relationships
- ◆ health
- ◆ personal
- ◆ learning
- ◆ finances
- ◆ work
- ◆ workplace.

Start by taking small daily risks. Change one small thing in one area of your life. Over the next eight days, see if you can change something in each of the above areas. It doesn't have to be big. Here are some examples:

- ◆ Home—rearrange one piece of furniture or one knick-knack
- ◆ Relationships—ask for help from family or friends for a chore you need to do
- ◆ Health—walk more each day. Get off the bus one stop early or take one flight of stairs and then get on the elevator.
- ◆ Personal—say one positive affirmation each day, such as “Every day I am more comfortable taking risks.”
- ◆ Learning—read the front page of the business section of the newspaper each day
- ◆ Finances—bring your lunch to work three days a week and put the money you save into a vacation fund
- ◆ Work—write a “to do” list for the next workday before you leave for the day
- ◆ Workplace—smile and say good morning to your boss and co-workers when you arrive at work.

At the end of the week, evaluate how you felt about taking these risks:

- ◆ Was it scary? Exciting? Embarrassing?
- ◆ Was one area more difficult than another? Which one? Why do you think it was?
- ◆ Did it become easier to take risks as the week progressed?
- ◆ Did anything unexpected happen as a result of taking these small risks?
- ◆ Which behaviours are you going to continue?

By repeatedly taking small risks, you will have more confidence to take larger risks. When you're faced with big decisions, think about the success you've had this past week with making small changes. Break that big decision into smaller decisions and take it one risk at a time.