



RISK EVALUATOR WORKSHEET

Use this worksheet to evaluate the risks of specific actions or decisions. As always, when you have questions, just ask! – Darcy

1. Gaining Clarity

What's the risk you are considering?

On a scale of 0-10, with 0=not at all and 10=completely, how confident are you that you clearly understand both the potential gains and losses in this risk?



0

not
at all



10

super close,
on track

What do you need to ask, learn or do to be at a 10?



2. Evaluating Downside

If you took this risk, what's the worst that could happen? Be specific.

In what ways are you already prepared should the worst happen?

Think about specifics like financially, emotionally, spiritually, mentally, resource-wise, relationship-wise, etc.



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On a scale of 0-10, with 0=not at all and 10=completely, what is the likelihood of the worst happening?



0

not
at all

10

super close,
on track

If the worst happens, what are the three things you'd do first?



3. Evaluating Upside

If you took this risk, what's the best that could happen? Be specific.

In what ways are you already prepared should the best happen?

Think about specifics like financially, emotionally, spiritually, mentally, resource-wise, relationship-wise, etc. What does the best make possible?



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On a scale of 0-10, with 0=not at all and 10=completely, what is the likelihood of the best happening?



0

not
at all

10

super close,
on track

If the best happens, what are the three things you'd do first?



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4. Confirming Your Action

Now, after evaluating the upside and downside, how confident are you that the risk is worth it for you? Rate your confidence on a scale of 0-10, with 0=not at all and 10=completely.

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0 not at all 10 super close, on track

If you rated your confidence at a 5 or less, what's the thing you know you need to do instead? Start this exercise over with that risk in mind.

If you rated your confidence between 5 and 7, what do you need to do, ask, or learn to be at a 10?

If you rated your confidence higher than 7, what are the one or two things you need to do now to start moving forward?