

AUTHENTIC LEADERSHIP

C E N T E R

Living Authentically Taking Risks

Why take risks?

- “Living to avoid fear is more dangerous to your true self than a life full of obvious risks.”
- Achieve your dreams by challenging the fearful beliefs that have kept you from already achieving your dreams.
- What’s the worst that can happen? What’s the cost if you don’t risk?
- Dreams into action.

Risks worth taking vs. stupid risks

- What is a risk worth taking? Not about success or failure, but depth of your desire.
- Is this risk necessary to achieve my heart’s desires?
- Inner sense of clarity from taking this step vs muddy waters.
- Will I regret not taking this risk in a year? In five years? At the end of my life?

Your comfort zone

- Arbitrary and maybe irrational
- Challenge fearful beliefs
- Empirical evidence to support or disprove

Risk-Taking Steps

- **Step 1:** Choose any scary goal or course of action (as long as it is in service of what your heart desires). If you are too comfortable with this goal, it is not a risk.
- **Step 2:** Take the smallest scary step possible.
- **Step 3:** Make backing out as hard as possible. Tell someone, commit to action. Make it public.
- **Step 4:** Don’t be afraid to be afraid. You’re not supposed to be in your comfort zone.
- **Step 5:** Walk right into what terrifies you. There is transformative magic here.

Adapted in part from *The Joy Diet* by Martha Beck