

“Take A Risk!” Self Assessment

If courage and risk-taking are traits necessary for success, how much of a risk taker are you? Once completed, use the key at the end to score your risk-taking aptitude.

- 1) When considering starting a new venture, you:
 1. First mentally run through all the ways that it will be unsuccessful.
 2. Weigh the pros and cons and consult with others in that field.
 3. Are confident of that you will be successful and able to overcome any obstacles.

- 2) In group meetings or activities, you:
 1. Tend to stay in the background to avoid looking or sounding “dumb”.
 2. Participate only if you have done the activity or researched topics beforehand.
 3. Volunteer to go first.

- 3) When driving a car, you
 1. Obey traffic laws to the letter.
 2. Follow the laws, so long as they do not hinder your purposes.
 3. Are willing to break the laws, you probably won't get caught.

- 4) When faced with the opinion of the majority, you:
 1. Typically go along with the majority.
 2. Respect the majority but retain your views.
 3. Speak out against the majority.

- 5) When making decisions, you:
 1. Defer to someone else.
 2. Decide by weighing every option, even if this takes awhile.
 3. Make a plan and move on; even if it's wrong, you've made a decision.

- 6) When it comes to conflicts, you:
 1. Avoid hard feelings by keeping your thoughts to yourself.
 2. Try to avoid conflict but settle it when you enter into one.
 3. Work hard to get your point across.

- 7) When your plate gets full, you:
 1. Don't ask for help because you don't want to be a burden.
 2. Ask for help once, but if rejected, don't ask again.
 3. Ask for help, but if rejected, seek out another source.

- 8) You have climbed a diving board at the top of a public swimming pool. Behind you is a line of people, but looking down, you become very frightened. Do you:
 1. Turn around and climb down.
 2. Jump in, feet first.
 3. Dive in anyway, head first.

- 9) You are responsible for supervising an employee whose work is not meeting standards. You would be most likely to:
1. Assume that the employee will eventually shape up.
 2. Send the employee a written performance evaluation.
 3. Have a candid, face-to-face conversation with the employee.
- 10) You're offered a high paying, high stakes job that is outside of your skillset. Do you:
1. Politely refuse.
 2. Watch how-to videos before giving the company your answer.
 3. Accept the job and hope to pick it up as you go.

Give yourself 10 points for every "1" answer, 20 points for every "2" answer and 30 points for every "3" answer. Tally your score below.

Score Key

100 – 150: Your risk tolerance is low. That's not to say you are incapable of managing stressful situations, it's just that your tendency to avoid risk may make it harder to build confidence and resilience or accept challenges and overcome obstacles. Don't worry! This is not an inherent trait. Approaching manageable risks that benefit your growth is a skill that can be learned. In order to lower the stakes, remind yourself to have a sense of humor about the hiccups. What happens if you volunteer to go first in a group activity?

160 – 240: You have an acceptable level of risk tolerance but value caution and mindfulness. Your willingness to progress in this way can work to your advantage. However, assess which types of risk you are actually taking. Do you have no problem jumping off a diving board yet shy away from addressing a difficult employee? Do you struggle to take action to overcome obstacles, or does it feel more scary to reach out to a support system?

250 – 300: You are a genuine risk taker who moves ahead confidently with the belief that the decisions you make are right. This is a very powerful skillset, but make sure you understand the difference between confidence in the face of difficulties and a disregard for boundaries or feedback from others. Assess what types of risk you are taking. Are you working to continually have difficult conversations to better yourself, or are you unafraid to get your point across because you believe you often know best for others? The risks you take should not come at the expense of those around you.

Action Based Risks: Questions 2, 3, 5, 8

Skill Based Risks: 1, 2, 10

Emotion and Vulnerability Based Risks: 4,6,7,9

Created by Rachel Page and adapted from:

<https://smallbiztrends.com/2016/06/business-risk-taker-quiz.html>

<https://www.humanmetrics.com/risk-taking/quiz>

What Kind of Risk-Taker Are You: Health Nov/Dec 1994, ralphkeys.com