



## IntelligentRisking Checklist

Based on *Positive Risk*

- I know my mountain.**  
I have a goal, challenge or dream that is clear, significant and impactful.
- This is 'my' mountain.**  
I believe that I am climbing this mountain for myself.
- I'm clear on how I define success.**  
I understand the personal, professional, financial, emotional, physical and spiritual elements.
- I'm creating a route that focuses on my positive core.**  
I've chosen a path that will capitalize on my strengths, talents and abilities.
- I have a contingency plan.**  
I'm prepared to be flexible and have a backup plans in place.
- I constantly visualize success.**  
I'll stay focused on the vivid, compelling image I have created for myself.
- I understand my passion for climbing this mountain.**  
I know why this mountain means so much to me.
- I understand my fears around climbing this mountain.**  
I've looked at my 'worst case scenario' and understand why it feels risky to me.
- I'm aware of the Invisible Risks as well as the Invisible Rewards involved.**  
I'm clear on the consequences (tangible and intangible) of not taking this risk.
- I have the Courage I need.**  
Based on my Courage Ratio, I have more passion than fear.
- My Courage Touchstone is in place.**  
I have a clear Path for reconnecting with my courage when I need to.
- I'm willing to let go.**  
I understand what I need to 'let go' of so that I can make my next move.
- I'm prepared to embrace my adventure.**  
It's my choice to climb with a great attitude.
- I will Climb Strong!**  
I will climb with excitement, determination, confidence, strength, trust and resourcefulness.
- I'm ready!**

IntelligentRisking, Inc.