Not feeling risky? Perhaps it’s in the way that you define it. Use your lunch period to define risk and what it means to you.

- First, go to YouTube and click on parts (or all) of a couple of recordings that talk about risk.
- Second, take a risk by having lunch at a restaurant that you’ve never visited before, such as an ethnic restaurant.
- Third, while waiting for your lunch, answer the following questions.
  - What does risk mean?
  - How big of a risk is your restaurant choice? Why?
  - What factors were involved in selecting a “risky restaurant”?
  - How can you internalize a meaning of risk for you?
  - What opportunities do you seize without considering the risk?
  - What opportunities do you avoid because you have defined a risk?
  - What is the difference between the risks you take and those you do not?
  - What do you think you need to do to take more calculated risks? For example, should you reduce a risk to a smaller scale, gather data about the risk, take time to think about it, or identify the potential of a successful risk?