'RISK-A-DAY' TRACKER

DAY 1

What did you do?: _____

_____

What was the risk?: _____

_____

What did you learn that you can apply to the next risk?: _____

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DAY 2

What did you do?: _____

_____

What was the risk?: _____

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What did you learn that you can apply to the next risk?: _____

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DAY 3

What did you do?: _____

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What was the risk?: _____

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What did you learn that you can apply to the next risk?: _____

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DAY 4

What did you do?: _____

_____

What was the risk?: _____

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What did you learn that you can apply to the next risk?: _____

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DAY 5

What did you do?: _____

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What was the risk?: _____

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What did you learn that you can apply to the next risk?: _____

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DAY 6

What did you do?: _____

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What was the risk?: _____

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What did you learn that you can apply to the next risk?: _____

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DAY 7

What did you do?: _____

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What was the risk?: _____

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What did you learn that you can apply to the next risk?: _____

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EXAMPLE

What did you do?: *started a chat in Spanish with a native speaker.*

What was the risk?: *embarrassment. ridicule, defeat*

What did you learn that you can apply to the next risk?: *My skills are better than I give myself credit for. I have to trust my skills more.*

CANDACE DOBY