
Activity 2: Reflect on a Success

 Individual activity

 5 minutes

Engaging is about reframing our fears and drawing on our strengths to recognize and pursue opportunities that are meaningful to us. Recall a time when, against the odds, you took a stand for something you believed and/or achieved something no one thought you could.

Putting yourself back in the moment of your success, write down your story (ideally in the present tense). Use the following questions as a guide:

- What personal strengths have I tapped into?
- How do I feel in my moment of success?
- What is really important—what matters to me in this story?
- What result am I having? What does that teach me about myself?

Activity 3: Rethink Outcomes

🕒 Approx. 25 minutes

Step 1: Consider the outcomes of acting

👤👤 Pair activity

🕒 5 minutes per partner, 10 minutes total

Our fears can be the catalyst for action, but they can also hold us back. In this exercise, you'll explore the possible downsides and upsides of an opportunity or challenge that you're facing.

Pair up with a partner and take turns asking each other the following questions. (Before you get started, switch meeting guides so you can take notes for each other.)

Think about your next big opportunity or challenge and summarize it in a sentence or two...

What worry or fear of risk may be holding you back from taking action?

What benefits are to be gained from this great opportunity? What would become possible for you, your team, and your organization?

Activity 4: Run a Pre-Mortem

🕒 Approx. 15 minutes

Step 1: Plan against your worst nightmare

👤 Individual activity

🕒 5 minutes

Taking time to imagine the worst-case scenario is a wonderful way to allay fears that accompany risk taking. Reflect on your worst-nightmare outcome—even if it’s unlikely to happen. Write it down below and then jot down a few ideas for minimizing or dealing with the outcome if it ever happened.

For example, you might say: *“I am giving the keynote speech of my career. My worst nightmare is that I get on stage and freeze. If this happened, I would deal with the outcome by putting my hands together and smiling broadly to greet the audience with love. This would help me connect to everyone and in that way, overcome my fear. Still, I will also set intentions and have one opening line ready!”*

One Action

The little push you need to go for it

🕒 Approx. 20 minutes

We recommend you close every meeting by committing to a “One Action”—one concrete thing you’re going to do before your next Circle meeting to step outside your comfort zone or practice a new skill.

Step 1: Identify the opportunity or challenge you want to pursue

👤 Individual activity

🕒 10 minutes

Take a few minutes to answer the questions below to shape your One Action.

To pursue my opportunity or challenge of ...

The strengths I will build on are ...