

7 Strategies to Inspire Risk Taking

Ahhh risk taking. The THRILL. The Terror. Each person has a different threshold towards risk taking, but everyone needs to take risks (big or small) at some point in their life in order to get different results and change outcomes. Below are some strategies to shift perspectives on risk taking and ways to explore what can happen when you choose to step into risk, rather than out.

NOTICE WHEN SELF DOUBT COMES UP.

Self Doubt is an amazing indicator you are taking (or about to take) a risk and on the way to evolving into something new. Why? Self doubt is part of the evolution process and it will always be present when new evolution is about to begin. Feeling doubt is an excellent sign you're on the right path towards getting new results. How do you begin to notice when doubt is signaling to you that change/risk/newness has entered into your life for an opportunity to grow and evolve?

NAME THE SELF DOUBT.

When we give the voice of doubt a character, it becomes easier to notice and then manage. When does Debbie the Doubter (or whatever you name your doubt) show up for you? What thoughts come up when Debbie the Doubter decides to show up? How do you feel and act when those thoughts come up? Notice doubt, name doubt, and then make the choice for what to do with doubt.

MAKE THE CHOICE.

Remember, you always have a choice. In this instance, you can choose to continue entertaining Debbie and stay where you're at OR you can choose to intentionally manage Debbie out and change your mindset to propel you forward. When you get an intuitive hit Debbie is making her way into your mind, remember you always have the choice to change your thoughts and actions before doubt's fears and excuses completely take over.

BREATHE.

Feel the nerves and thoughts taking over as you begin to choose action vs inaction? Take a deep breath in through your nose, hold it for a second at the top of the breath, then open your mouth with a loud sigh, and breathe all the air and anxiety out of your body to release those nerves and clear out space. Repeat 2 more times. Notice the change. You are ready to choose.

CHANGE FOCUS.

What will I choose to focus on and tell my mind? Rather than focusing on what COULD happen, change your focus to watching yourself succeed and conquer the newness at hand. What will it FEEL like to do this new activity and get through it? What songs hype you up and make you stand a little taller? Is there a motto that motivates you and inspires you to take action? Practice focusing on what energizes and excites you, not drains or scares you, about the newness/risk. Your brain can't tell the difference between excitement nerves and scared nerves, so trick it. Where focus goes, energy flows.

STEP INTO "FAILURE".

With each risk you take, you will either a) succeed or b) not succeed (fail) and LEARN. Each "failure" is an opportunity to learn and educate yourself as to how to alter for the next time. As one of my favorite success coaches, Jen Sincero, says, "Risk failure...It's that crucial moment where you must decide between leaping into the void [to learn] or staying put in your comfy mediocrity that defines your reality."

EMBRACE YOUR INNER CHILD.

There's a famous quote that says "When a child learns to walk and falls down 50 times, he never thinks to himself: 'Maybe this isn't for me?'" Learning a new skill and doing something new you've never done before takes time and requires trial and error with a childlike sense of curiosity to come out on the other end. If you fall down, take it as a sign you are making progress, understanding what works and what does not, and where to alter your focus for the next time you get back up. Get curious and see what happens when you choose to not attach any negative thoughts to the falling down. Each version that comes after a fall will ultimately become better than the one before because you'll have new knowledge to work with for your next step forward.

After implementing some of these strategies for yourself, I'd love to hear your results! Email me to share at sara@relinecoaching.com or tag me at either [@skimelman](https://www.instagram.com/skimelman) or [@the_reline](https://www.instagram.com/the_reline) on instagram to start a conversation. If you would like support working through the process, schedule a time to [chat with me](#). I can't wait to connect!

With that, allow yourself to get curious vs. nervous to see what unfolds.

Xx,

Sara