



# Safe Risks for Adults



Your Name: \_\_\_\_\_

Date: \_\_\_\_\_



## Identify a Safe Risk

Think of one small challenge or new experience you could try this week.  
This should feel slightly uncomfortable but still safe.

(ideas: speaking up in a meeting, trying a new hobby, starting conversation with someone new,  
cooking a new recipe, setting a personal boundary, trying a new form of exercise)

1. My safe risk this week: \_\_\_\_\_



## Plan Your Support

How will you make this challenge manageable for yourself? What can you do to feel  
supported while trying it?

1. My plan/support: \_\_\_\_\_



## Reflection

How did it feel before, during, and after? \_\_\_\_\_

What did I learn about myself? \_\_\_\_\_

What small wins or growth did I notice? \_\_\_\_\_



**Tip:** Safe risks for adults help model courage and resilience for children,  
showing them it's okay to try, stumble, and grow.