**If I Couldn’t Fail Activity**

Make a list of all the things you would attempt if you knew you would not fail. For example, you might want to run for Parliament, but fear failing to be elected stops you from entering the political race; or you might want to leave your job and open a café, but the fear of business failure because it is a complete change of career path.

Now we want you to think about what it is about failing at that task that stops you from even attempting it. This could be lots of different things from becoming poor, losing your house, risking family relationships, friendships, or some form of pain, or hardship, or realising you have no knowledge of the field you want to go into. Try to get to as much detail as possible and list as many as you can for each thing.

Finally, we want you to complete the table by thinking about what, if anything, you can do to mitigate the consequences of the failure.

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| What I would do if I knew I could not fail? | What is it about failing at this that prevents me from attempting it? | How can I mitigate these factors? |
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| 2. |  |  |
| 3. |  |  |
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| 5. |  |  |
| 6. |  |  |
| 7. |  |  |