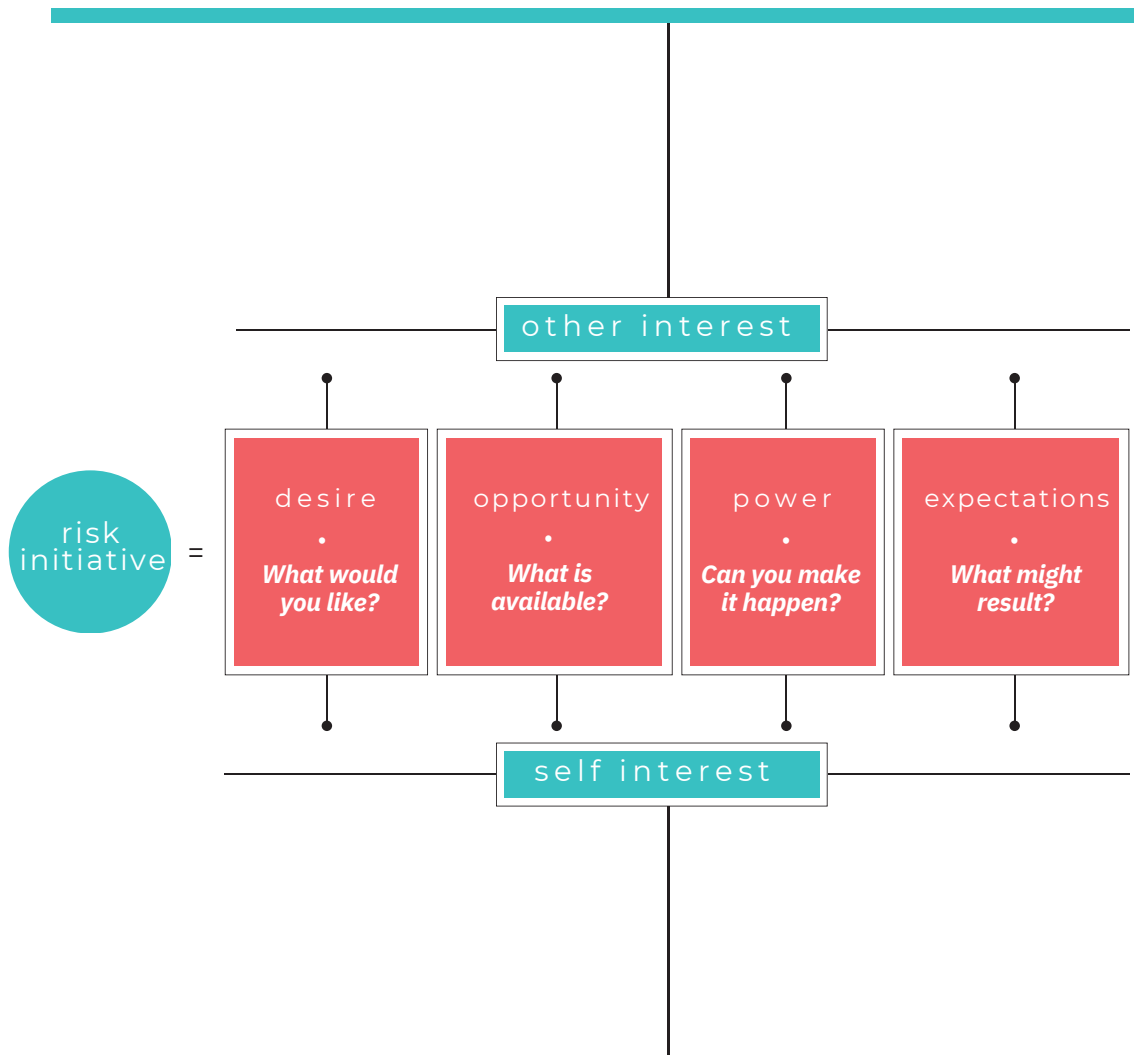


## SO YOU'RE NOT LEFT WONDERING, "WHAT WAS I THINKING?"

INSTRUCTIONS: This simple guide is for use with the book, *What Was I Thinking?*, by David Ashcraft and Rob Skacel. It is designed to help you effectively navigate the four propositions of risk – desire, opportunity, power, and expectations – so that you will consistently embrace wise risks and avoid foolish ones.

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STEP 1: If you are a praying person, then invite God into the process from the very start. Pray that he will give you the necessary insight to take an honest look at yourself and your situation as you navigate the four propositions. Ask him to help you see opportunities that might not readily come to mind, and to find wise counsel (e.g., spouse, godly friends, board members, additional resources, etc.) to support and challenge you in healthy ways. If prayer is not your thing, it may help to simply take a few moments of thought, meditation, or self-talk to get you in a mindset of self-evaluation and openness to new ways of seeing your situation.

STEP 2: Using the worksheet on the next page, write down your thoughts pertaining to each of the four propositions of risk – desire, opportunity, power, and expectations. Take your time with this. Think through your response to each proposition carefully.

STEP 3: Identify and invite one or more individuals to review the output on your worksheet – to walk through the four propositions with you. This is the step most people are prone to overlook or avoid, but it is a critical one. We all have blind spots – things about ourselves that may be apparent to others but are difficult to see in ourselves. We can be blind to both strengths and weaknesses. Most foolish risks grow out of self-deception (the inability to see ourselves or our motives accurately) or self-indulgence (the pursuit of our desires, passions, and whims without proper restraint). Don't overestimate your ability to "go it alone." Actively seek wise counsel.

STEP 4: Aim to employ at least one of each of the four types of “instruments” described on pages 177-180 of the book – instruments of self-awareness, self-discipline, transparency/consult, and audit.

STEP 5: Before taking action, give your work a final review to guard against the destructive influences of self-interest (remember the Golden Buzzer!) and pride.

IMPORTANT TIP: For areas in which you might be personally vulnerable to destructive risk, but not facing an immediate risk-based decision (i.e., you have potential to struggle with sexual temptation, anger control, greed, addiction, gambling, etc.), you should consider proactive steps to: curtail your exposure to opportunity (proposition #2); invite limits to your power (proposition #3); and dwell upon potential consequences of public exposure (proposition #4).

<b>Proposition #1 DESIRE</b> What would you like?	<b>Proposition #2 OPPORTUNITY</b> What is available?	<b>Proposition #3 POWER</b> Can you make it happen?	<b>Proposition #4 EXPECTATIONS</b> What might result?
<ul style="list-style-type: none"> <li>• See Chapter 5, especially pp. 71-75</li> </ul>	<ul style="list-style-type: none"> <li>• See Chapter 6 Carefully consider your duh, devised, and deleted options</li> <li>• Review pp. 88-91</li> </ul>	<ul style="list-style-type: none"> <li>• See Chapter 7</li> <li>• Review pp. 106-108.</li> </ul>	<ul style="list-style-type: none"> <li>• See Chapter 8, especially pp. 117-118</li> <li>• Ask yourself, “What if everybody knew?”</li> </ul>