KALIKA YAP

THE DARING FIRST worksheet

by Kalika

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Before You Begin

This worksheet helps you take an honest look at your team across the five behaviors Lencioni describes. It works whether you lead two people or twenty.

Set aside twenty quiet minutes. Answer for the team as it actually is today, not the team you hope to have.

There are no wrong answers here, only useful ones.

Score each section from 1 (we really struggle here) to 5 (we're strong here).

Prompt 1.

What is the one thing on your to-do list that has been sitting there longer than thirty days?

Prompt 2.

When you imagine doing it, what feeling shows up in your body? Where do you feel it?

Prompt 3.

Ask yourself the Seneca question. “Is this hard because the work is hard? Or hard because I haven’t dared?” Write your real answer, not the safe one.

Prompt 4.

What is the smallest possible first step you could take in the next ten minutes? Be very small. Smaller than feels worthwhile.

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Prompt 5.

What would you do this week if you knew you couldn't fail and no one would judge you?

Prompt 6.

What story have you been telling yourself about why now isn't the right time?

Prompt 7.

Picture yourself one week from today, having already done the daring thing. Describe how the next morning feels. What's different about how you carry yourself?

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Closing Thoughts

Look back at your answers. Notice where you wrote “I don’t know” or “later” or “someday.”

That’s often where the daring lives.

Pick one prompt to act on this week. Just one. Tell someone you trust what you’re going to do. Then do it.

Daring is a muscle. The more you use it, the stronger it gets.