



## Could be Good, Could be Bad, Let's Wait and See

Are you getting ready to try something new, something exciting, or something you really don't think you want to do? Before you set out, take note of your thoughts about it and how bad you think it might be. Can you give it a number between one and ten (one being really good and ten being the worst thing you can imagine)? Then after you give it a try, assign it a new number based on the experience and not the expectation. What did you discover?

COULD BE GOOD	1	2	3	4	5	6	7	8	9	10	COULD BE BAD
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Event or Situation

Expectation #

Experience #

1) \_\_\_\_\_

Discovery \_\_\_\_\_

2) \_\_\_\_\_

Discovery \_\_\_\_\_

3) \_\_\_\_\_

Discovery \_\_\_\_\_

