



Unpredictable Firsts Worksheet

www.bcrqs.com

1. Navigating Unpredictable Firsts requires courage and accountability.
2. Fill in the “Learn from the past” questions to identify how you have successfully navigated an Unpredictable First before.
3. Build your ability to navigate an Unpredictable First happening now, by completing the “Prepare for the future” questions.

LEARN FROM THE PAST

Write down an Unpredictable First that happened in your life, either professionally or personally, either positive or negative.

How did you feel?

How did you show up?

What did you learn?

What skill or superpower did you develop from navigating that first?

How are you applying that today?



PREPARE FOR THE FUTURE

Write down an unpredictable first that is happening right now. Evaluate: What makes it a first? What parts of it are unpredictable?

Acknowledge how you are feeling? and Why?

Identify what about this Unpredictable First is within your control?

Ask yourself what is the courage needed in this moment?

Find the gift in this first – What can you learn from it?

How can you turn this unexpected first into an opportunity?
