



CHECKLIST

The Consequences of New Ideas That Cause Me Discomfort

When I think about trying my new idea, I worry that . . .	Yes	No	Maybe
Others will laugh at me for suggesting the idea.			
It might not work and hurt my credibility.			
Nobody suggested it before, because everyone else already thought of it and thinks it's really stupid.			
It could cost me my job.			
People will stop seeing me as successful.			
My peers might see me as too ambitious.			
Someone might try to steal my idea, claiming it as theirs.			
If the idea fails, I could lose the trust others have in me.			
If the idea works, I might end up getting promoted over my best friend.			
I don't know how to defend my idea.			
If the idea is accepted, then I will be stuck with the responsibility for its execution <i>and</i> success.			

Source: *The Journal of Not Knowing: Charting Your Own Course*, Julie Benezet, Morton Hill Press. 2018.

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