

HAPPY MEDIUM AND INGEBORG PRESENT

THE ART OF RISK

AN ACTIVITY BOOK

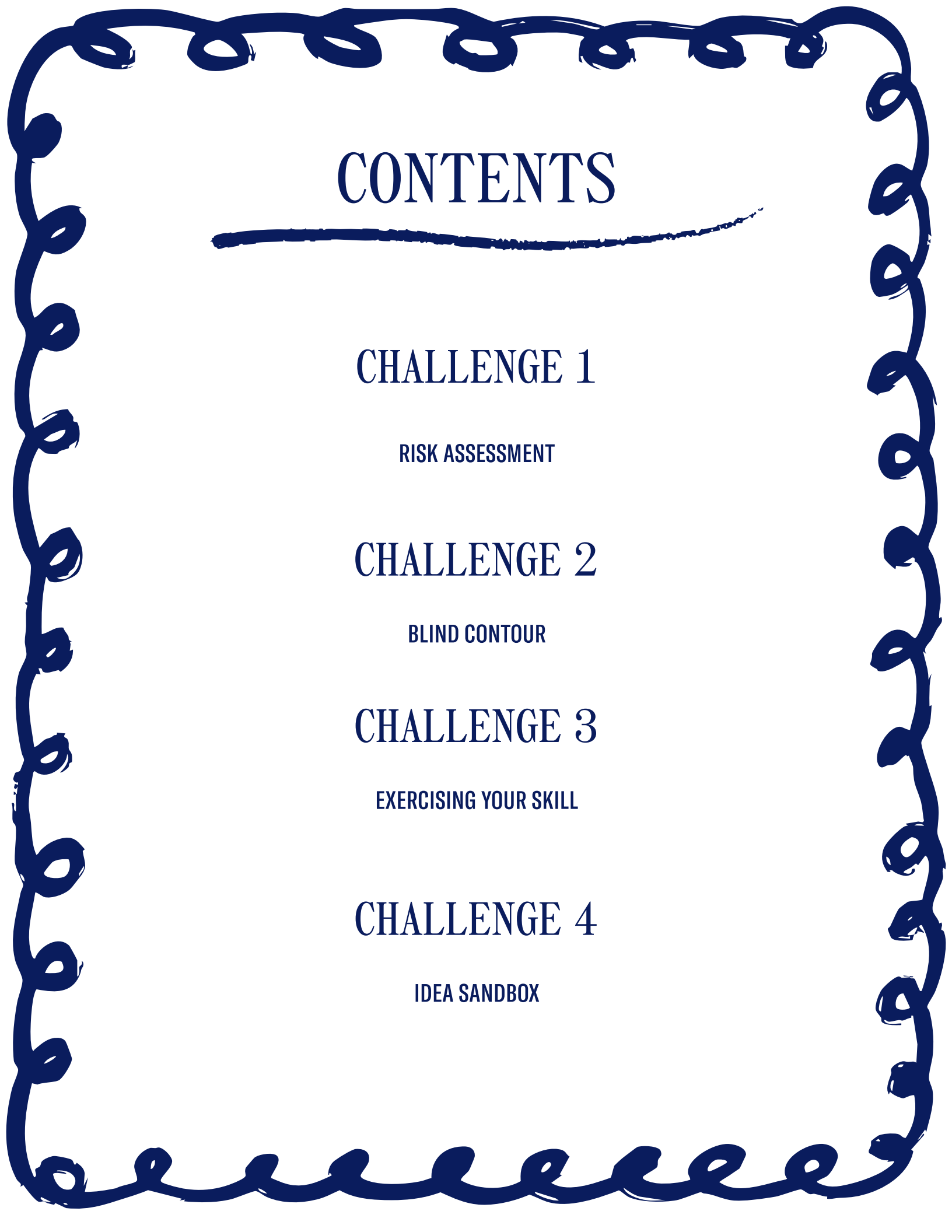


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“BE BRAVE
ENOUGH
TO BE
TERRIBLE”

-Happy Medium



CONTENTS

CHALLENGE 1

RISK ASSESSMENT

CHALLENGE 2

BLIND CONTOUR

CHALLENGE 3

EXERCISING YOUR SKILL

CHALLENGE 4

IDEA SANDBOX

CHALLENGE 1

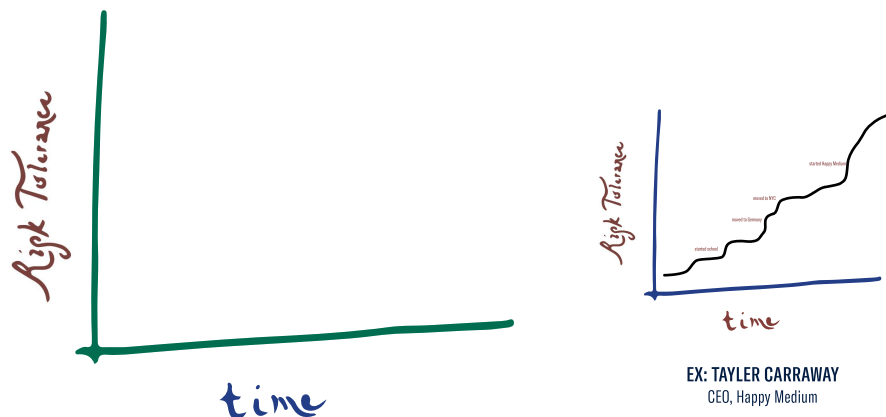
RISK TOLERANCE WARMUPS

Are you naturally risk-seeking or risk-averse? Where is your comfort zone? Plot it all out by drawing an arrow on the meter and mapping your risk curve on the line chart below in fig. 1. How has it changed over time? Identify 3-4 meaningful life milestones and plot if/how your risk tolerance has changed over time on fig 2.

FIG. 1



FIG. 2





“ABOVE EVERYTHING
ELSE I’VE DONE, I’VE
ALWAYS SAID,

I’VE HAD MORE GUTS”
THAN I’VE GOT TALENT

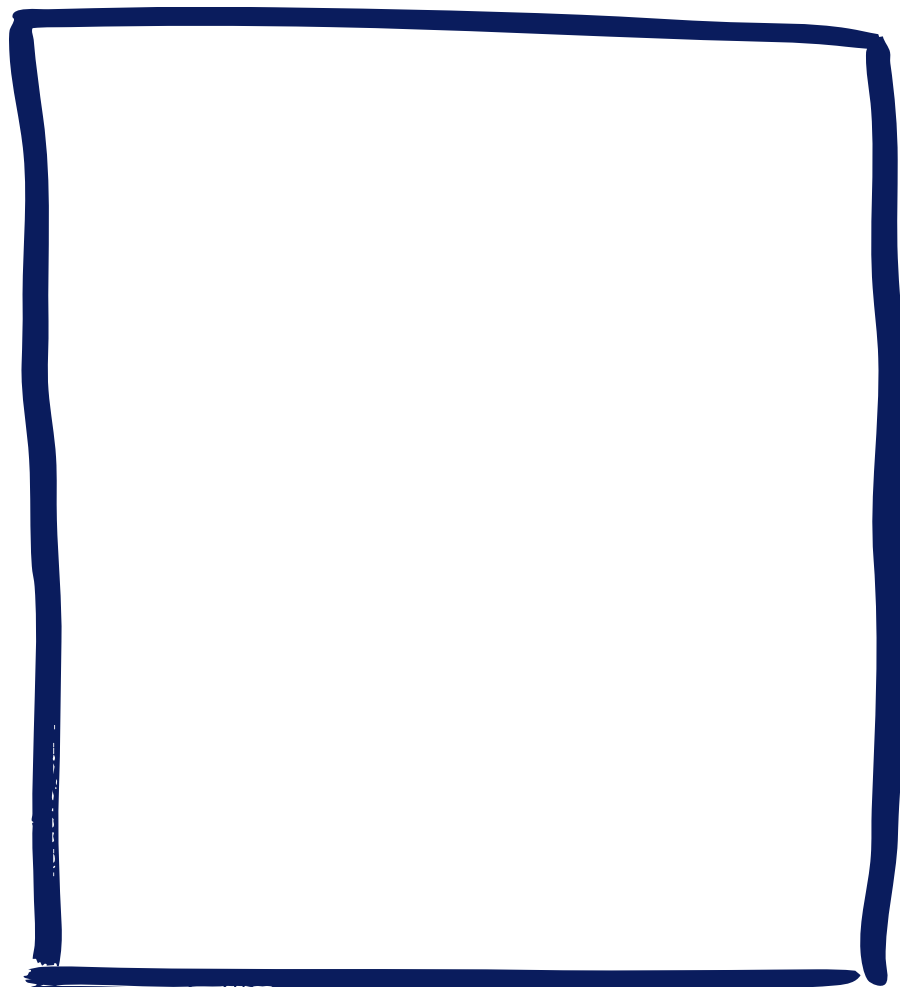
-Dolly Parton

CHALLENGE 2



BLIND CONTOUR DRAWING

Taking a leap of faith is a form of risk. You won't always know the path when you begin. For this exercise, pick an object around you and sketch it onto the page below without looking at your page. It will be challenging and you won't get a perfect sketch – and that's exactly the point.



“ANOTHER
WORD FOR
CREATIVITY
IS COURAGE.”

-Matisse

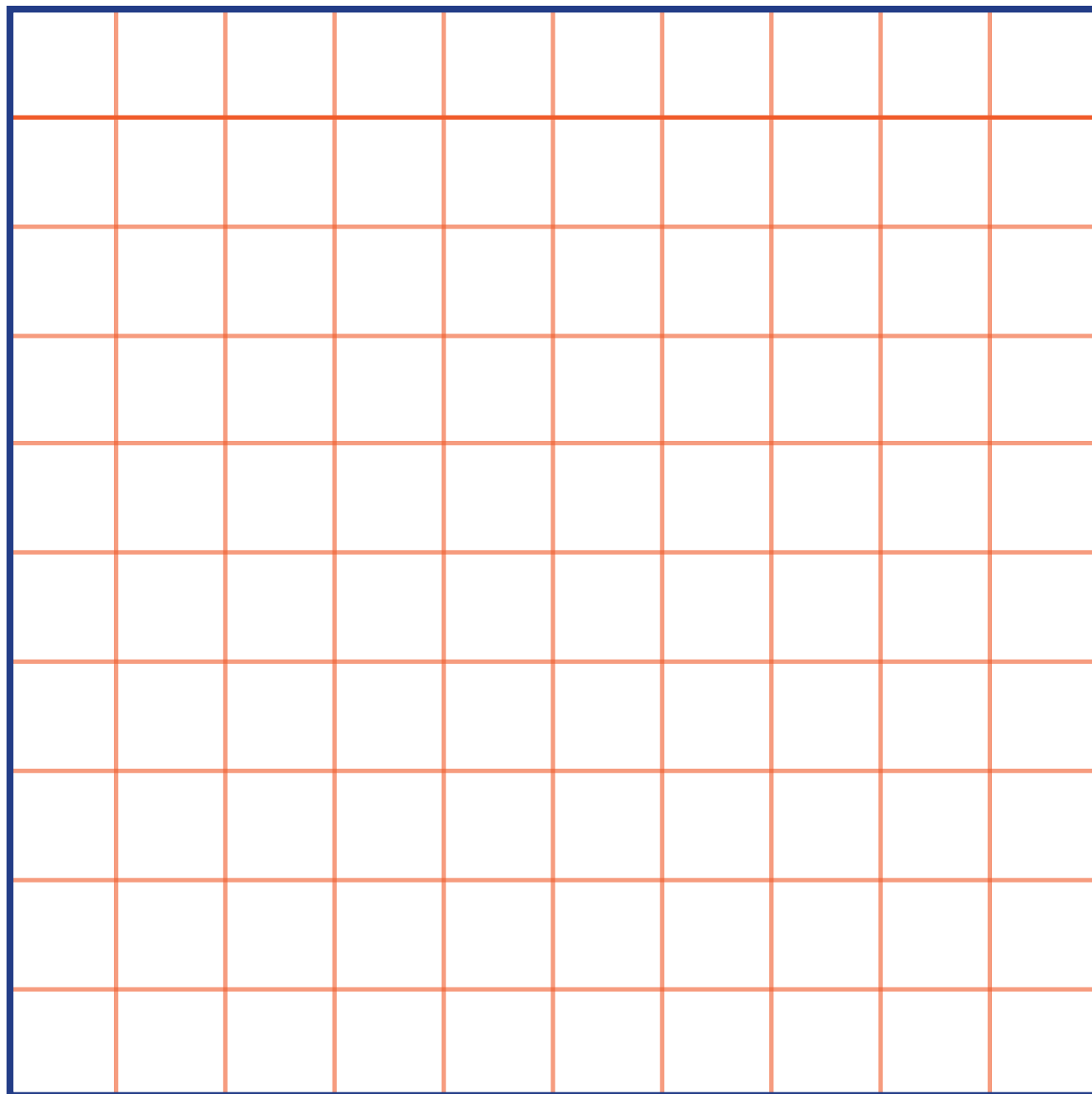
CHALLENGE 3

EXERCISING YOUR SKILL

Risk is easier when your skills are sharper. Test your creative skills here by using the grid method. Below on the left, we've "gridded" out an image. Focusing on just what you see in each grid, recreate the image in the grids to the right.



"Motive of Space and Form—A New Jersey Village (Montville)" by Oscar Bluemner, 1915
Crystal Bridges Collection



GRID IT OUT!



CHALLENGE 4



IDEA SANDBOX

Everyone has that crazy idea that always on their mind but rarely uttered out loud. The first step towards making that idea a reality is to visualize it. Use the page below to draw your idea or jot down notes in greater detail about how this idea could come to life. What are the very first steps to bringing this idea to life? Start there

“OUR FEARS ARE MORE
NUMEROUS THAN OUR
DANGERS, AND WE SUFFER
MORE IN OUR IMAGINATION
THAN IN REALITY”

-Seneca



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x
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