



Should I Cook It?

Bravery Scorecard

Answer 5 questions and tally your points

MY SCORE

___ / 25

Circle the option that best matches your situation. Add up the points at the end.

VISUAL DRAMA

Q1

How different does this look from your usual rotation?

1 pt

It looks exactly like what I always make.

3 pts

It has one unique visual element

5 pts

I have no idea how they got it to look like that.

THE SEQUENCE STRESS TEST

Q2

Are the steps familiar, or is there a "wait, what? moment?"

1 pt

I've done these steps a thousand times.

3 pts

There is one new technique

5 pts

These steps feel like a new adventure.

PANTRY STRANGENESS

Q3

Are there ingredients here that are strangers to your pantry?

1 pt

I have everything in my kitchen right now.

3 pts

I have to buy one specific, slightly "weird" item.

5 pts

I have to AI what one of the ingredients actually is.

BACK-UP PLAN CHECK

Q4

Do you have a back-up plan if this goes south?

1 pt

I don't need a back-up because this feels safe.

3 pts

I have a frozen pizza or eggs as a backup.

5 pts

I have my delivery app open and ready to hit "order" if needed.

"ITCHING TO MAKE IT" LEVEL

Q5

Does looking at this recipe give you that "itch" to make it?

1 pt

Looks like a chore that I'll just want to finish.

3 pts

I'm curious to see if I can actually pull this off.

5 pts

I'm already thinking about how I'll tell people I made this.

SCORING KEY

Add up your 5 answers — then find your Bravery Level below

5 – 11 pts

In The Comfort Zone

Consider a Twist

You're playing it safe. That's okay. Try swapping just one ingredient for something new to get a tiny spark of "I did that".

12 – 19 pts

Calculated Adventurer

Definitely Cook It

This is the sweet spot. You're leaning into uncertainty and building new neurons without the high stress.

20 – 25 pts

Culinary Cliff Zone

Dare It (With a Net)

Deep in the unknown with the highest potential for reward. Just make sure Question 4 is 5 pts. before you start. Then go all in.

You are entirely capable of doing this on your own.

But sometimes a nudge helps. Join our **Bravery Updates** for mini challenges in your kitchen to strengthen your comfort level with moving through the unknown. It's free.

[Join The Bravery Updates](#)