



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 a substitute for one of the ingredients.

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 Your 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

Expanding Your Comfort Zone

Definitely Cook It

This is the sweet spot. You're leaning into uncertainty and building new flavor combos and techniques the make cooking easier and more fun.

20 – 25 pts

Culinary Cliff Zone

Dare It (With a Net)

Deep in the unknown with the highest potential for reward. Just make sure you have a back-up plan before you start.

Crave That, Do This!

5 Popular Asian Take-Out Flavours You Can Make Tonight!

I Can Make That!

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