

RED ROOSTER OF REGRET RECKONING ASSESSMENT



This tool is designed to help you determine how much regret you will have if you say “No” to an opportunity. It is taken from the book “Fry Your Chickens” by Phil Barth (QR Code below)

DESCRIBE YOUR OPPORTUNITY HERE:

QUESTION	RAW SCORE	WEIGHTING	WEIGHTED SCORE
If you don't make this change, how likely is it that you'll always wonder 'What if?' (1 = I'll forget about it, 5 = I'll always wonder)		x 4 =	
Will I have another opportunity to do this later? (1 = Many chances in the future, 5 = Once-in-a-lifetime opportunity)		x 4 =	
Imagine yourself 10 years from now looking back on this moment—what do you think that version of you would say? (1 = “Good thing you didn't do it,” 5 = “Why didn't you go for it?”)		x 3 =	
Have I regretted making a similar choice (or not making it) in the past? (1 = No past regret, 5 = Strong past regret)		x 2 =	
If you imagine your best friend in your exact situation, what would you advise them to do? (1 = I'd tell them to pass, 5 = I'd say “Go for it!”)		x 2 =	
How important is this decision to my long-term happiness? (1 = Not very important, 5 = Extremely important)		x 1 =	
Am I making this decision based on excitement and opportunity, rather than fear or avoidance? (1 = Entirely fear-based, 5 = Excitement and opportunity)		x 1 =	
How well does this align with my core values and long-term goals? (1 = Not at all, 5 = Perfectly aligned)		x 1 =	
How likely is it that you'll regret not taking this opportunity in the future? (1 = Very unlikely to regret, 5 = Very likely to regret)		x 1 =	
How often do you think about making this change? (1 = Rarely, 5 = Constantly)		x 1 =	
TOTAL			

Scoring & Regret Risk Levels:

- **80-100 Points** → 🚫 **The Red Rooster is Watching!** (Very High Regret Risk)
- **60-79 Points** → ⚠️ **High Risk of Regret**
- **40-59 Points** → 😐 **Moderate Regret Likelihood**
- **Below 40 Points** → ✅ **Low Risk of Regret**



Link to book