

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.



DESCRIBE YOUR OPPORTUNITY HERE: _____

QUESTION	RAW SCORE (1–5)	WEIGHTING	WEIGHTED SCORE
1. 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)		× 4 =	
2. Will I have another opportunity to do this later? (1 = Many chances in the future, 5 = Once-in-a-lifetime opportunity)		× 4 =	
3. 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?")		× 3 =	
4. Am I making this decision based on excitement and opportunity, rather than fear or avoidance? (1 = Entirely fear-based, 5 = Excitement and opportunity)		× 3 =	
5. Have I regretted making a similar choice (or not making it) in the past? (1 = No past regret, 5 = Strong past regret)		× 2 =	
6. If you imagine your best friend in your exact situation, what would you advise them to do? (1 = I'd say "Don't do it," 5 = I'd say "Go for it!")		× 2 =	
7. How important is this decision to my long-term happiness? (1 = Not very important, 5 = Extremely important)		× 1 =	
8. How well does this align with my core values and long-term goals? (1 = Not at all, 5 = Perfectly aligned)		× 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

This assessment is a reflection tool, not a decision-making guarantee. It's designed to surface how much regret you're likely to feel if you walk away from an opportunity — not to weigh cost, risk, timing, or whether the opportunity is actually a good fit for you. A high score means "you'll probably wish you'd said yes," not "you definitely should." Use it alongside your own judgment, not in place of it.