



Use the chart below to determine whether you should consider making a change to something in your life. This easy tool will allow you to critically think about the pros & cons of making a change.

	CHANGE	NO CHANGE
PROS	<p>How would making a change make my life better?</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 	<p>What are some of the positive things I get from not making the change?</p> <ol style="list-style-type: none"> 1. 2. 3. 4.
CONS	<p>What do I lose if I make this change?</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 	<p>What do I risk by continuing to not make this change?</p> <ol style="list-style-type: none"> 1. 2. 3. 4.

