

Decisional Balance Sheet

Use this tool to explore the pros and cons of making a change versus staying the same. This helps clarify your motivations and identify potential obstacles.

STAYING AS I AM

PROS (BENEFITS / GOOD THINGS)

What are the benefits of keeping things the way they are?

MAKING A CHANGE

PROS (BENEFITS / GOOD THINGS)

What would be the benefits of making this change?

STAYING AS I AM

CONS (COSTS / NOT SO GOOD THINGS)

What are the downsides of not changing?

MAKING A CHANGE

CONS (COSTS / NOT SO GOOD THINGS)

What would be the challenges or downsides of changing?
