

# PROS AND CONS

## *refining your why*

This exercise will take a closer look at your response to the first question on the previous page - why you want to make a change.

In this box, list all the reasons you can think of that would be *benefits of not making a change*

In this box, list all the reasons you can think of that would be *benefits of making a change*

pros

In this box, list all of the possible negative consequences of *not making a change*

In this box, list all of the negative consequences of *making a change*

cons