

## Costs / Benefits Balance-Sheet

Use this exercise to identify the costs and benefits of committing to change. On the cost side of this balance sheet, include the short-term difficulties, personal challenges and avoidance behaviours that you will be prepared to let go of or tolerate to achieve your goals. On the benefits side of the balance sheet, identify the advantages and opportunities that committing to change will provide. Complete this worksheet with reference to your goals and personal values.

| Costs | Benefits |
|-------|----------|
|       |          |