Cornell
Health

Live Well to Learn Well

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Appointments:
Monday–Saturday

Check web for hours, services, providers, and appointment information

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Exploring the Pros & Cons of Change

What is the change you are exploring? _____

+ PROS: Staying the Same	– CONS: Staying the Same
+ PROS: Change	– CONS: Change

How important is it for you to make the change?

0 1 2 3 4 5 6 7 8 9 10

not at all important very important

Based on this exercise, I want to _____

because _____

_____

If you decide to make the change, how confident are you that you can do it?

0 1 2 3 4 5 6 7 8 9 10

not at all confident very confident

I will seek support in the following ways _____

_____

_____

_____

_____

8/17