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 ____________________________________________

____________________________  ______________________________

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