

The aim of this activity is to help you see the pros and cons of completing or not completing a task or fulfilling a new dream or project. This activity can also work very well with the value activity to help you check if you are spending the desired amount of time and energy on the projects or goals that you value.

Decision making balance

I can do something else than I normally do.

Look at this example:

To fulfil the project (e.g.: quit smoking): use this model to question your 'Why' behind the project:

Why should I change my behaviour: That I am smoking?

It could be any given activity that you decide that is important for you.

What are the advantages of fulfilling the project/goal? (there is a reason why you are doing what you are doing - that is fulfilling a need)	What are the dis advantages of fulfilling the project/goal?
What are the dis advantages of fulfilling the project /goal?	What are the advantages of not fulfilling the project/goal? (status quo)

Now fill in the table below using your own example:

Choose a project or task that you would like to fulfil: _____

The advantages	The disadvantages
What are the disadvantages?	What are the advantages of not fulfilling?