



## NAME OF OPTION 1:

### Pros

Positive aspects and outcomes of a decision or course of action.

- What are the benefits, reasons, and wins for choosing this option?
- What positive outcomes do you expect?
- How will this contribute to your success?

### Cons

Negative aspects and outcomes of a decision or course of action.

- What are the costs, reasons, and risks associated with this option?
- What negative outcomes and challenges do you expect?
- How would this impede or impact on your success?

<b>Pro #</b> ___	<b>Rate:</b> ___/10	<b>Con #</b> ___	<b>Rate:</b> ___/10
<b>Pro #</b> ___	<b>Rate:</b> ___/10	<b>Con #</b> ___	<b>Rate:</b> ___/10
<b>Pro #</b> ___	<b>Rate:</b> ___/10	<b>Con #</b> ___	<b>Rate:</b> ___/10
<b>Pro #</b> ___	<b>Rate:</b> ___/10	<b>Con #</b> ___	<b>Rate:</b> ___/10
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<b>Pro #</b> ___	<b>Rate:</b> ___/10	<b>Con #</b> ___	<b>Rate:</b> ___/10
<b>Pro #</b> ___	<b>Rate:</b> ___/10	<b>Con #</b> ___	<b>Rate:</b> ___/10
<b>Pro #</b> ___	<b>Rate:</b> ___/10	<b>Con #</b> ___	<b>Rate:</b> ___/10





**NAME OF OPTION 2:**

Pros		Cons	
Pro # ___	Rate: ___/10	Con # ___	Rate: ___/10
Pro # ___	Rate: ___/10	Con # ___	Rate: ___/10
Pro # ___	Rate: ___/10	Con # ___	Rate: ___/10
Pro # ___	Rate: ___/10	Con # ___	Rate: ___/10
Pro # ___	Rate: ___/10	Con # ___	Rate: ___/10
Pro # ___	Rate: ___/10	Con # ___	Rate: ___/10
Pro # ___	Rate: ___/10	Con # ___	Rate: ___/10
Pro # ___	Rate: ___/10	Con # ___	Rate: ___/10

**A last word... listen to your instinct!**

When you have done all these, you may have a winning decision. Having worked out on all the pros and cons will make you see things clearly. When you analyse the data to come up with a decision on your own, you feel relieved and pleased. Conversely, though you might feel stressed and disappointed. What the list may tell you is that you probably have already made your decision beforehand. You have already thought about what to do with the issue at hand, at least unconsciously. You still have to go with the feeling if it will make you happy. The best benefit you can derive from this exercise is the simplicity. It will help show you what you already knew all along deep down.