

Costs and Benefits of Change

A great way to commit to change is to get clear on the costs and benefits of the changes you want to make.

On the cost side, include short-term difficulties, avoidance behaviors you need to let go of, personal challenges you need to tolerate, etc.

On the benefits side, include the opportunities and advantages the new change will provide.

It is also helpful to score items on each list on a scale from 1 to 5 with 1 being not the meaningful and 5 being really meaningful.

| Costs | Score | Benefits | Score |
|--------------|--------------|-----------------|--------------|
| | | | |
| Total | | Total | |

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