

Advantages And Disadvantages Of Changing

This worksheet is a simple yet powerful way of exploring the advantages and disadvantages of making or not making a change.

Complete the following boxes:

Define clearly, simply, and fully the change you are considering:

Now complete the four boxes below with your thoughts regarding the change:

- What are the disadvantages of not changing?
- What are the disadvantages of changing?
- What are the advantages of not changing?
- What are the advantages of changing?

Consider the advantages of changing last. If worthwhile, they will provide encouragement and motivation for the work ahead.

	Disadvantages	Advantages
Not changing		
Changing		

Focus on the advantages of making the change and begin to plan how you will make those outcomes real.