

To Change or Not to Change

Making a decision one way or the other...



Making a lifestyle change involves making tradeoffs and this can put us in two minds about whether or not to even try to change. Exploring these tradeoffs can help you to make up your mind. The questions below can help you to make a decision, one way or the other. In the end, it is your choice entirely.

What is the decision that you are contemplating?

I am considering whether or not to

1. There are good reasons why you are currently doing what you are doing. For example, it usually takes less time and effort to keep things as they are. What would the good things be about not making any changes at all?

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2. If you don't make any changes at all and keep on doing what you are already doing, what will happen in the long term? How will this impact on your life?

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3. If you do make some changes to your lifestyle, small ones at first, then gradually adding to these over time, what benefits do you think you would gain? How would your life be different? How would it impact on the things or people that are important to you?

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4. There can be a downside to making lifestyle changes too. What would be not so good about making the changes you are thinking about making? How might you be able to make it easier on yourself to make these changes?

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5. Does this help you to make a decision one way or the other?