

The Decisional Balance Sheet

Think about some habit or aspect of your work life that you have been thinking about changing (e.g. delegating work to others, finishing on time to achieve a greater work-life balance etc.) and complete the balance sheet. What do you have to lose/gain from sticking with the behaviour? What do you lose/gain from giving it up?

What do I gain from...?	What do I lose from...?
What do I gain if I stopped...?	What would I lose if I stopped...?