

Pro/Con/Benefits

This list is the starting place you want to weigh in on observations, difficult decisions, and "what to do's". When you analyze the big picture and every part of the situation you are encountering from health, and life issues, you'll be able to get the answer you are looking for.

Pros

Everything you can think about the specific issue that is positive for you to follow through with the decision or behavior write here.

A series of 15 horizontal lines for writing, each consisting of a central grey line flanked by red lines that taper to points at the ends.

Cons

Everything you can think about the specific issue that is negative for you to follow through with the decision or behavior write here.

A series of 20 horizontal lines for writing, each consisting of a central gray line and two red lines extending to the left and right edges.

Benefits

This space is for you to write the outcome from the pros list that you will experience in your life on a higher level and often time in the future.

A series of horizontal lines for writing, alternating between red and grey. The lines are spaced evenly down the page, providing a guide for writing the benefits. The red lines are on the outside and the grey lines are in the middle of each row.