

Pros & Cons List

DESCRIBE THE CHOICE YOU ARE FACED WITH

WHAT COULD GO RIGHT

1 2 3 4 5 6 7 8 9 10

WHAT COULD GO WRONG

1 2 3 4 5 6 7 8 9 10

POSITIVE FEELINGS

1 2 3 4 5 6 7 8 9 10

NEGATIVE FEELINGS

1 2 3 4 5 6 7 8 9 10

PEOPLE WHO SUPPORT THIS DECISION

1 2 3 4 5 6 7 8 9 10

PEOPLE WHO OPPOSE THIS DECISION

1 2 3 4 5 6 7 8 9 10

WAYS THIS CHOICE COULD BENEFIT YOU

1 2 3 4 5 6 7 8 9 10

WAYS THIS CHOICE COULD HARM YOU

1 2 3 4 5 6 7 8 9 10

YOUR FINAL DECISION

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Pros and Cons List

Thank you for downloading the Pros and Cons List worksheet from <http://sagegrayson.com>. This exercise will help you analyze your choices objectively, weigh your options, and make a decision you can feel good about.

Instructions

- First, describe the decision you're faced with in as much detail as possible. Maybe you're thinking of moving across the country, starting your own business, quitting your job, or taking a risk of some kind.
- Next, take some time to write about what could go right and wrong, the feelings you're experiencing, other people's opinions, and how the choice could benefit or harm you.
- Then, determine how much weight each section carries by circling a number from 1 to 10 in each box. Maybe your feelings get a 10 because they're very important, while your coworker's negative opinion gets a 3 because her thoughts don't matter much to you.
- Read over your writing, then add up the pink pros numbers and add up the yellow cons numbers.
- Write your final decision in the last box. Trust yourself!



Who's Sage?

Hey there! I'm Sage Grayson, a former book editor turned life and business coach. I'm a Life Editor . . . and so are you!

Like this worksheet? Use the code **LETSGO** to save 50% off my digital programs.



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