

## Behavioral Change Exercise

First, select a behavior you want to change.

Next, think about and write down the benefits and costs of changing in the left column.

Then, think about and write down the benefits and costs of continuing current behaviors in the right column.

Finally, compare your entries in both columns and ask yourself, 'are the costs worth it?'

I want to change:

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Benefits of Changing	Benefits of Not Changing
Costs of Changing	Costs of Not Changing