

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

Sage Grayson

LIFE EDITOR

SageGrayson.com

Pros & Cons List

Thank you for downloading the Pros and Cons List worksheet from Sage Grayson Coaching at <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.

I help ambitious career women edit their habits, routines, and mindsets to balance their happiness at work and home. I'm a Life Editor...and so are you! I live in Orlando, Florida, with my husband, Chris, and dog, Skyla.

Like this worksheet? Join the **Life Editor Clubhouse** at the SILVER Level for dozens of training classes, videos, and more!

Use the promo code **EASYEDIT50** to save \$50 off your membership: <https://sagegrayson.com/life-editor-clubhouse/>