

Live Well to
Learn Well

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Monday–Saturday

*Check web for hours,
services, providers,
and appointment
information*

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Exploring the Pros & Cons of Change

What is the change you are exploring? _____

<p>+</p> <p>PROS: Staying the Same</p>	<p>-</p> <p>CONS: Staying the Same</p>
<p>+</p> <p>PROS: Change</p>	<p>-</p> <p>CONS: Change</p>

How important is it for you to make the change?

0 1 2 3 4 5 6 7 8 9 10
not at all important very important

Based on this exercise, I want to _____
because _____

If you decide to make the change, how confident are you that you can do it?

0 1 2 3 4 5 6 7 8 9 10
not at all confident very confident

I will seek support in the following ways _____

