Cornell

Health

Live Well to Learn Well

Web:

health.cornell.edu

Phone (24/7): 607-255-5155

Fax:

607-255-0269

Appointments:

Monday-Saturday

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

110 Ho Plaza, Ithaca, NY 14853-3101

	Expl	ori	ng	the
Pros & Co	ons o	f C	har	nge

What	is the cha	nge you	ı are exp	loring?								
			+							_		
PROS: Staying the Same						CONS: Staying the Same						
+ DDOC: Observe						- CONS. Change						
PROS: Change							CONS: Change					
Hov	w impor	tant is	it for y	ou to r	nake th	ne char	nge?					
0	1	2	3	4	5	6	7	8	9	10		
not	at all imp	ortant									very important	
3ased	on this ex	ærcise, I	want to									
ecau	se											
If v	ou deci	de to m	nake th	e chan	ae. ho	w conf	ident a	are vou	that vo	ou can	do it?	
0	1	2	3		5		7	_	9	10	•••	
not	at all con	ifident									very confident	
will c	eek sunn	ort in the	e followi	ing way								
vv111 3	еск зирр		CIOHOW		,							
							-				10/18/19	



