

THE CHANGE TABLE

PRO FOR CHANGE	CON FOR CHANGE
PRO TO NOT CHANGE	CON TO NOT CHANGE

EXAMPLE – STARTING THE GYM

<p>PRO FOR Going to the Gym</p> <ul style="list-style-type: none"> Be Healthier Be Stronger Less Pain More Energy Happier 	<p>CON FOR Going to the gym</p> <ul style="list-style-type: none"> Cost \$\$ Change my routine Be uncomfortable Admit needing a change
<p>PRO TO NOT going to the gym</p> <ul style="list-style-type: none"> Things stay the same Routine is comfortable Sleep in 	<p>CON TO NOT go to the gym</p> <ul style="list-style-type: none"> Continue to grow more out of shape Health deteriorates Bored of current routine

Look for the list on Pro's for Change and Con's to not changing – if they “out weigh” the others, you are “contemplating” change and are close to beginning to set these changes into motion.