



DECISIONAL BALANCE SHEET

A decisional balance is like a super-charged pro and con list that helps you to consider all sides of a choice you need to make. It is effective for yes/no, either/or type choices. It can help you to organize your thoughts around a decision and ensure you haven't missed any important factors.

Use the decisional balance form below to work through your own thoughts on any choice you are trying to make.

How to Use This Form

- Print up the second page of this document.
- On the top lines write down the choice you need to make.
- In the top left box, write all of the benefits of saying yes to the choice.
- In the top right box, write down all of the negatives associated with saying yes to the choice.
- In the bottom left box, write all of the benefits of saying no to the choice.
- In the bottom right box, write down all of the negatives associated with saying no to the choice.

Once you've completed all four boxes, you will have considered your choice from all sides. Your thoughts will be well organized on paper, and you can use that information to help make a well thought out decision.

You can also use this grid to help work through a tough decision with others in your life who may be impacted by your choices. You can complete one decisional balance together. Alternatively, if you want to get a better sense of what each individual is thinking on the topic without being influenced by the other person, have each person complete a decisional balance on the topic alone, and then come back together to compare notes to see what each person's hopes and concerns are.

Where to Get More Information

Get more information about the decisional balance here:

<http://www.careerchoiceguide.com/career-decision-test.html>

Get more information about making career choices here:

<http://www.careerchoiceguide.com/choosing-a-career.html>



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CHOICE: _____

	BENEFITS (PROS)	COSTS (CONS)
PURSUING THE OPPORTUNITY		
NOT PURSUING THE OPPORTUNITY		