Cost-Benefit *Chart*

A good method for helping you get started with making a healthy change is to create a cost-benefit chart. On the left side of the chart, list the costs, or the ***negative*** outcomes, associated with engaging in the new behavior. On the right side of the chart, list the benefits, or the ***positive*** outcomes, that will result from engaging in the new behavior.

My new healthy behavior: _____

Costs/Negative Outcomes of Making the Change	Benefits/Positive Outcomes of Making the Change

Are the benefits of making the change more important to you than the costs of making the change? If yes, then you are ready to take the next step. Use the outcomes most important to you to help keep you motivated and on track while making the change.

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