

# Cost-Benefit Chart (Example)

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: Getting regular exercise.

Costs/Negative Outcomes of Making the Change	Benefits/Positive Outcomes of Making the Change
<i>I won't have as much time for other things I want to do.</i>	<i>It can improve my health conditions.</i>
<i>I might get sore or injured if I exercise.</i>	<i>It will increase my energy to do more things.</i>
<i>Exercising might make me more hungry and I'll want to eat more.</i>	<i>It will help me lose weight.</i>
<i>My spouse may be unhappy if I am exercising instead of making him breakfast or dinner.</i>	<i>It can help me manage stress better.</i>
	<i>It can help lower my blood pressure and cholesterol levels.</i>
	<i>My self-esteem might improve.</i>
	<i>It can help me sleep better.</i>

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.