

## Making the right choice for you

This mindset tool is designed to help you when you're at a crossroads, when you have a choice to make and you're not sure which way to go.

This exercise will give your mind the compelling evidence it needs to prove that the effort and potential discomfort of change and resisting temptation is worthwhile or that on some occasions going off plan is ok too.

### Part 1 – Costs v benefits of going off plan

<b>What are the short term advantages or benefits of going off plan</b>	
For you	For others eg family, friends, colleagues, clients etc
<b>What are the long term advantages or benefits of going off plan</b>	
For you	For others eg family, friends, colleagues, clients etc
<b>What are the short term disadvantages or costs of going off plan</b>	
For you	For others eg family, friends, colleagues, clients etc
<b>What are the long term disadvantages or costs of going off plan</b>	
For you	For others eg family, friends, colleagues, clients etc

**Part 2 – Costs v benefits of staying on plan**

<b>What are the short term advantages or benefits of staying on plan</b>	
For you	For others eg family, friends, colleagues, clients etc
<b>What are the long term advantages or benefits of staying on plan</b>	
For you	For others eg family, friends, colleagues, clients etc
<b>What are the short term disadvantages or costs of staying on plan</b>	
For you	For others eg family, friends, colleagues, clients etc
<b>What are the long term disadvantages or costs of staying on plan</b>	
For you	For others eg family, friends, colleagues, clients etc

This exercise works by enabling you to set out very clearly the advantages and disadvantages of staying on plan or going off both in the short term and long term.

You'll very clearly see the right action to take and the costs to you of not taking that action. You'll commit to making the right choice for you at a particular time.