

## DECISIONAL BALANCE

Everybody has had the dilemma of convincing themselves what is the right thing to do, and this is when decisional balance comes into play. Decisional balance helps you map out the pro's and con's of different situation, it identifies barriers to change and change talk.

The title of your decisional balance sheet could be:

- Taking a new job at another company
- Moving to a different state/country
- Finally taking control of your weight, diabetes, cholesterol, blood pressure etc
- Stop smoking or drinking
- Moving house
- Moving the kids to a different school

Now it's your turn, fill in the title of the decisional balance worksheet and start working through it, filling in each quadrant.

## WORKSHEET

### Decisional Balance

TITLE: \_\_\_\_\_

Benefits of staying the same	Reasons to change
Concerns about staying the same	Concerns about change

--	--

So how did your worksheet end up?

Feel free to go through this worksheet with your Trench Health and Lifestyle Coordinator when they are next onsite if it is a health and fitness related situation.

Jo: [jo@trenchhealth.com.au](mailto:jo@trenchhealth.com.au)

Grant: [grant@trenchhealth.com.au](mailto:grant@trenchhealth.com.au)  
[grant.henry@mainroads.wa.gov.au](mailto:grant.henry@mainroads.wa.gov.au)

Callie: [callie@trenchhealth.com.au](mailto:callie@trenchhealth.com.au)

Ashlee: [ashlee@trenchhealth.com.au](mailto:ashlee@trenchhealth.com.au)