

# Decisional Balance Sheet

My Change: \_\_\_\_\_

Staying the same:

Costs

Benefits

Making the change:

Costs

Benefits

How important is each item to you in making a decision about changing?  
(Put a rating number next to each item.)

- 1 = Slightly important
- 2 = Moderately important
- 3 = Very important
- 4 = Extremely important