

Goals for Health: Decisional Balance Worksheet

Are you thinking of making a healthy change? Are you considering adopting a healthier eating plan, losing the extra weight you recently gained, or even quitting smoking? Think about the changes you would like to make!

Many times people know the change they want to make, but they never act on it or stick with a plan to accomplish their ultimate goal. This sometimes is because of ambivalence. Ambivalence means that you really want to do the actions to reach your goal, but you also have some concerns about the changes you would need to make. You also can see some good things about changing nothing.

Determine the change you would like to make. Then explore your own ambivalence by completing this decisional balance worksheet.

Write your health goal here:

Now complete the worksheet, listing the benefits and concerns you foresee with making the change and not making any change.

Behavior: Change Nothing (keep things the way they are)

Benefits	Concerns
1.	1.
2.	2.
3.	3.
4.	4.