Č	Ż	Pros & Cons of Change		E	•••
Positives of Staying the Same			Negatives of Staying the Same		
Positives of Changing			Negatives of Changing		
Some life domain		Ð			<u>99</u>

Some life domains to consider:

Physical healthPsychological health & wellbeingSocial LifeRomantic lifeFamilyWork or Study