**Decision Balance Activity**

Directions: The Decision Balance Activity is a tool that can be used to help one identify the imbalance between their desires of the heart and life choices that may not align in a balanced way.

1. Identify an issue that they are struggling with: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Use that issue to identify reasons to continue to do the same thing (reasons to stay the same) and then reasons to change
3. Discuss which is more impactful in a healthy way – reasons to stay the same or reasons to change
4. Identify concerns about changing; discuss barriers to changing – what would hinder one from changing
5. Discuss benefits of changing; focus on the correlation between reasons to change and benefits of changing
6. Discuss what could be done differently; what could a first step be towards change; this is where you could focus on short-term goals using the S.M.A.R.T. goal method (Specific/ Measurable/ Achievable/ Results-focused/ Time-bound)

**Reasons to stay the same Reasons to change**

**Concerns about changing Benefits of changing**