

1 What costs would you have more of?

Financial

More spending on rubbish to cheer myself up

Emotional

Stress, worry, head spin, sadness, exhaustion

Physical

Sore neck and shoulders - alllllll the time, more headaches and tummy flips

Spiritual

Continued disconnection with who I really am

Relationships

Being the odd one out, conflict and disagreements with family and friends

Future potential

Distracted and avoidance of my reality being fixed - this is it.

2 What costs would you have less of?

Financial

No investments in new suits for interviews and new job

Emotional

Less sanity!

Physical

Sleep reduced, not able to relax

Spiritual

Less able to be present /in the moment

Relationships

Friends and family get togethers fall by the wayside

Future potential

No opportunities for a new life, career or anything else come my way.

COSTS OF NOT MAKING YOUR DECISION

1 What costs would you have more of?

Financial

Emotional

Physical

Spiritual

Relationships

Future potential

2 What costs would you have less of?

Financial

Emotional

Physical

Spiritual

Relationships

Future potential

1 What benefits would you have more of?

i.e. what increases for the better by making your decision

Financial

Increased income from new role

Emotional

Happier at work and home with sweet dreams, more self confidence and feel valued

Physical

More energy, stand taller

Spiritual

Living more authentically as me, the real me

Relationships

More joy, more cuddles, greater intimacy and support

Future potential

I can do anything and everything I want to – more achievements

2 What benefits would you have less of?

i.e. what eases for the better by making your decision

Financial

No bill day anxiety

Emotional

No more stress, uncertainty, less self doubt

Physical

Drop those extra kilos of comfort eating!

Spiritual

Reduced in congruency between what I want and feel with how I'm living and working

Relationships

Fewer arguments at home, no petty gripes

Future potential

No more being stuck and letting myself down

BENEFITS OF MAKING YOUR DECISION

1

What benefits would you have more of?

Financial

Emotional

Physical

Spiritual

Relationships

Future potential

2

What benefits would you have less of?

Financial

Emotional

Physical

Spiritual

Relationships

Future potential