

CHEATSHEET

COST-BENEFIT ANALYSIS (COGNITIVE BEHAVIORAL THERAPY TOOL)



Our behaviors and habits can often limit our actions and success. Things that we do and say repeatedly over time are habits that can be broken. The first step to breaking these habits is to address the behavior and then break it down into its simplest elements; like a cost-benefit analysis. From there, we can understand the pro's and con's of this habit and if it's something we want to keep in our lifestyle, or make changes in order to improve and grow.

EXPLAIN THE BEHAVIOR YOU WANT TO CHANGE

ADVANTAGES OF THIS BEHAVIOR

DISADVANTAGES OF THIS BEHAVIOR

Now you can review the lists of pro's and con's of this behavior and be more clear on how it impacts your lifestyle and your future goals. You can use this template with any behavior in your lifestyle.

In reference with Health Mindset Coaching Certification, 2020. This file is not to be redistributed or sold. This file is intended to help you, the individual, get more clear on your needs and goals.



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