

Advantages - Disadvantages Analysis (Exercise)

Advantages of exercising more	Disadvantages of exercising more
<p>What can you gain by making this change?</p> <p>What will you notice about yourself?</p> <p>What will others notice about you?</p> <p>How important is that to you?</p>	<p>What challenges might you face?</p> <p>What personal strengths can you draw on to support this change?</p> <p>What skills or techniques have you used in the past to support change?</p>
Advantages or reasons for exercising less	Disadvantages of not exercising more
<p>How are you benefitting from the current situation?</p> <p>What is stopping you from exercising more?</p>	<p>What is the current situation costing you?</p> <p>How does your current situation fit with your best hopes, long-term goals, and values?</p>