

Cost-benefit analysis

Thing I want to do or achieve:

Benefit of doing this – what will I get out of it? How will my life be better?	Cost of doing it – what will I lose by doing this?

Benefit of not doing this – what will my life be like if it stays the same?	Cost of not doing it – how will I miss out if I don't take action? What will my life look like in a few years?