

## Cost Benefit Analysis – Increase Your Motivation

Analysis - Example	Good Consequences	Not so Good Consequences
<p>“Should I Skip the Gym”</p> <p><b>Short-Term</b></p>	<ul style="list-style-type: none"> <li>• Yay – don’t have to leave house.</li> <li>• Don’t have to fight traffic.</li> <li>• Don’t have to deal with busy change room.</li> <li>• Have time to stay at home and get something done.</li> <li>• Have time to stay at home and be with family.</li> </ul>	<ul style="list-style-type: none"> <li>• I won’t feel as good if I don’t exercise. Muscles stiff – achy.</li> <li>• Won’t sleep as well tonight.</li> <li>• Won’t get the good endorphins rush.</li> <li>• Won’t be able to dump some stress</li> <li>• Likely be more irritable and not enjoy family time as much.</li> <li>• Will probably eat unhealthy – whole other set of consequences</li> </ul>
<p>“Should I Skip the Gym”</p> <p><b>Long-Term</b></p>	<ul style="list-style-type: none"> <li>• Had more time with family.</li> <li>• Got something else done.</li> </ul>	<ul style="list-style-type: none"> <li>• The more I skip going the more I will want to skip.</li> <li>• If I skip for too long it will be hard to get back into routine.</li> <li>• If I don’t take care of health I could end up with an illness or disease.</li> <li>• Won’t have as much energy or be able to think as clear.</li> <li>• Not going impacts my mood (sad, anxious, irritable)</li> <li>• May impact \$\$ if I get sick and can’t work.</li> </ul>

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Enter Analysis here;       <b>Short-Term</b>	Enter 'Good Consequences' here;	Enter 'Not so Good Consequences' here;
Enter Analysis here;       <b>Long-Term</b>		