

Pros and Cons

This activity can help you narrow down what your best option is when you feel overwhelmed by a problem. To begin take a moment to write down what your problem is. Then, write down all the options you have for solving your problem. Remember, there are no bad ideas! Next, you will complete a pro/con list of each option for solving your problem. Finally, based on all the pro's and con's you've listed, you will decide what the best course of action is.

What is the problem?

How could it be solved?

- 1.
- 2.
- 3.

	Pros	Cons
Option 1		
Option 2		
Option 3		
Option 4		

