

## Tipping the Balance

<b>SUSTAIN</b>	<b>CHANGE</b>	<b>VALUES</b>
<p>What works for you with how things are currently?                      What about it works for you?                      Why is it easier to just stay where you are with this?                      What are some other reasons?</p> <p style="text-align: center; margin-top: 20px;"><i>(Value in continuing)</i></p>	<p>What benefits would there be from making this change?                      What are the most obvious benefits of making this change?                      What effects would it have on you/your life?                      What else makes it important to make this change?</p> <p style="text-align: center; margin-top: 20px;"><i>(Value in continuing)</i></p>	<p>If you approached this issue and were completely aligned with your intentions around (value) and (value), what would your approach be? How would it play out? What steps would you make from here?</p>
<p>What makes it a challenge to change?                      What are the downsides if you actually changed?                      What would you lose if you or have to give up if you made the change?                      What other problems/stressors could the change cause?</p> <p style="text-align: center; margin-top: 20px;"><i>(Cost/Consequence in continuing)</i></p>	<p>What about your current behavior concerns you most?                      What consequences of not changing concern you most?                      What is a likely outcome, say 5 years from now, if you don't make any change?                      If you don't change, what other concerns would you have?</p> <p style="text-align: center; margin-top: 20px;"><i>(Cost/Consequence in continuing)</i></p>	<p style="text-align: right; font-size: small; margin-top: 20px;">                         Copyright © 2015                          IFIOC                          All Rights Reserved                     </p>