

Decision balance

1. Identify the two options you need to choose between.
2. State advantages and disadvantages for both the current situation/choice and the new one.
3. Evaluate the overall attractiveness of the two choices and make your choice.
4. Then test your choice by seeing yourself in that future situation and sense how it feels.

Decision Balance	Current situation Alternative/action/choise A	New situation Alternative/action/choise B
Advantages	<ul style="list-style-type: none"> • • • • • • • • • • 	<ul style="list-style-type: none"> • • • • • • • • • •
Disadvantages	<ul style="list-style-type: none"> • • • • • • • • • • 	<ul style="list-style-type: none"> • • • • • • • • • •

- What are the advantages by staying where you are?
- What are the disadvantages by the new situation?
- And what would you do if did not think you could fail?

In practice this concept can be used in many areas in your life, career, business and leadership. ErhvervsCoach® can help you apply and benefit from this simple and powerful tool, amongst many other tools from our rich coaching toolbox.