

**Cost-benefit analysis**

Write the thing you want to do or achieve here.

I want to: \_\_\_\_\_

<b>Benefit of doing _____</b> <b>What will I get out of it? How will my life be better?</b>	<b>Cost of doing _____</b> <b>What will I lose by doing this?</b>

<b>Benefit of NOT doing _____</b> <b>How will my life stay the same? Will it be comfortable and less risky?</b>	<b>Cost of NOT doing _____</b> <b>How will I feel in 5 years if I don't do this? What am I losing out on?</b>

