Pros and Cons Table

Sometimes the hardest part of getting started is choosing a direction. Whether you are picking a paper topic, deciding between ideas, or working through a life situation, it can help to slow things down and put your thoughts on paper.

This pros and cons worksheet is designed to help you organize your thinking. By listing the benefits and challenges of each option, you can see patterns, weigh what matters most to you, and make a more intentional decision. There is no right or wrong answer here. The goal is clarity, not perfection. Use this tool on your own or with your coach to explore your options, notice what feels most aligned with your goals, and take your next step with confidence.

TOPIC / IDEA / SITUATION	
PROS	**CONS**
CONCLUSION / SOLUTION	

Personal Reflection

Habits that ARE working: (behaviors you want to keep)

Habits that are NOT working: (behaviors you want to change)

List opportunities or moments you chose not to pursue and later wished you had said yes to:

Things I learned this month: (or week or semester)

How to be a better version of Me: (desrcibe the best version of yourself)

Final Thoughts: