



Benefits Awareness Exercise

“This is how we shift perception and create momentum in every part of our lives”

Name the thing that is bothering you or the pattern you want to shift



List what you currently see as **drawbacks** of the situation





Benefits Awareness Exercise

List the hidden **benefits** of the situation (hint: there are just as many benefits as drawbacks, you just have not noticed them yet).

Tip: Ask yourself - How has this supported my values? Even if I didn't like it, it gave me...





Benefits Awareness Exercise

List the drawbacks of **staying** the same
(What is the real cost of keeping this going long term?)



List the benefits of the new aligned choice
(Imagine the future version of you making a different choice. Ask yourself - If I shift this pattern, what will I gain? This will support my highest value of... Because of this, my life will feel more...)





Benefits Awareness Exercise

Rebalancing the Scale

(Tick the box that feels true right now.)



- The benefits of staying the same still outweigh the change
- The benefits of changing now outweigh staying the same

One Aligned Action

One small, values aligned action I will take this week is:

