



Pros and Cons worksheet

This resource will help you to reflect on the pros and cons of the training, study or career options that you are considering. Use one table for each option. As you begin to complete this table your options may become clearer. You can contact the Career Centre to discuss your options at anytime.

1. What is it you are thinking about doing? Are you thinking about study, training, changing your career, choosing school subjects or simply evaluating your current work? Whatever it is you are thinking about doing, write it down as clearly as you can.

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2. What are the pros and cons of the new opportunity you are considering? Think about how the new opportunity relates to what is important to you. Score each pro or con out of 5.

Pros	1-5	Cons	1-5
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3. What is your current situation? How do you feel about it?

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4. What are the pros and cons of your current situation? Think about how your current situation reflects what is important to you? Give it a score out of 5.

Pros	1-5	Cons	1-5

5. Go back and look through your pros and cons lists. Total your pros and cons. Do the pros and cons of the new opportunity outweigh the pros and cons of your current situation or vice versa?

New opportunity – Total pros	1-5	New opportunity – Total cons	1-5

Current situation – Total pros	1-5	Current situation – Total cons	1-5

6. Are there long or short term compromises you will need to make so that you can take up your new opportunity? What or who could help?

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7. Make a list of the possible actions that will help you achieve a positive outcome.

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8. Transfer these actions to your Action Plan and save it to your My Career Ideas account.