1. What new possibility are you considering? Does it involve a new role, a new organisation, a new industry, a new location? How do you feel about it?
2. What are the pros and the cons of this new possibility?

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| Pros | Cons |
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1. What is your current situation? How do you feel about it?
2. What are the pros and the cons of your current situation?

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| Pros | Cons |
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1. When you compare the pros and cons of the new possibility with those of your current situation, what do you see? What disadvantages exist, what compromises may be needed, and how prepared are you to make those compromises?

1. Now go back through all of the cons you have identified, taking each one in turn. Note down possible actions and strategies that will help you with the problem the con presents to you. This will demonstrate ways of moving through problems and can help you turn cons into pros.

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| Cons | I could …  |
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