**Pro and Con Lists**

Creating a simple Pros and Cons List often helps us with decision making. When we wrestle with decision making, we seek clarity. Utilizing these lists can help you come to a conclusion with ease and less stress. Here are some ways that you can utilize this technique.

1. In general, what are some pros and cons to being happy?

PROS

CONS

1. Working toward something? What are the pros and cons of reaching that goal?

PROS

CONS

1. If I do/ buy this, it will make me:

HAPPIER (PROS)

LESS HAPPY (CONS)