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|  | Benefits and costs of achieving your goals  |
| Identify one personal goal. Using the chart below, consider the benefits and costs associated with it. Think through what a successful outcome would mean to you. What is it really worth to you? Write your responses in the boxes on the right.  |
| **Your goal** |  |
| **Perceived personal benefits of achieving this goal?** |  |
| **Perceived benefits to other people if the goal is achieved?** |  |
| **What would you need to invest to achieve this goal (time, money, possible loss of self-confidence, friendship, etc.)?** |  |
| **What level of such costs would you consider unacceptable?** |  |
| **What costs would there be to others (time, money, possible loss of trust, etc.)?** |  |
| **What level of such costs would you consider unacceptable?** |  |
| **How would other people’s opinion of you change if you were successful? Would this differ if the ‘costs’ were different?** |  |
| **Would other people’s opinion matter to you?** |  |
| **How would your opinion of yourself change if you succeeded? Would this be different if the ‘costs’ were different?** |  |
| **At what point would the benefits outweigh the costs for you? (Or at which point would the costs outweigh the benefits?)** |  |