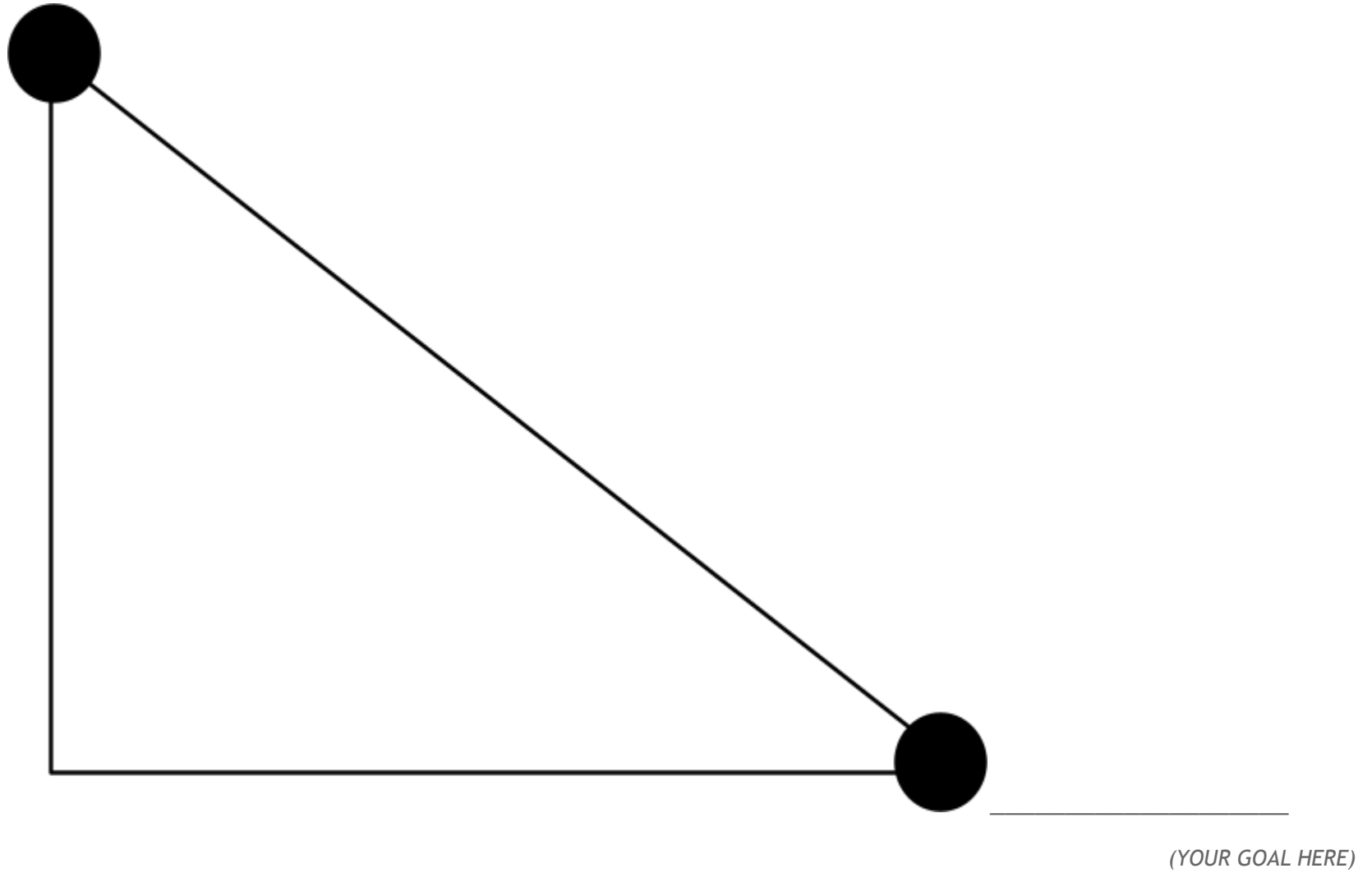


Choosing The Most Valuable Action

An Introduction to Value-Based Choice



INSTRUCTIONS

1. Print Page 1
2. Write your goal on the “your goal here” line
3. Draw circles - just like we did in the lesson - for each “obstruction” you see along the way. You can make them big, based on your current feeling about them, or not.
4. Name each circle.
5. Underneath each circle, write the intensity of the negative feeling you have when you think of approaching this thing, before you rationalize. 0-10, 10 = the most intense ever. Be sure to write these as negative numbers. This is the cost.
6. Under that, write the intensity of the feeling of finally moving past the thing on a scale from 1-10. This is the benefit.
7. In a third row, write the difference between these two numbers. This is the value.å