

# Preparation

## Evaluating the Pros and Cons of Behavior Change, part 1

As you may already know, there are pros and cons of trying to do healthy things. Sometimes it may seem like the cons are so strong that change will be too difficult or impossible. It helps to compare your own list of pros and cons to evaluate if the cons are really as big as they seem. Below is a list

of pros and cons of trying to eat things that are healthy and of avoiding drinks with lots of sugar. Select the ones that apply to you, or add some of your own:

### EATING HEALTHY

**PROS**  **CONS** 

- I will feel satisfied and like I am doing something good for my myself.
- I will have a healthier body or better skin.
- I will feel more fit.
- I will have more energy and feel more alert.
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- I'm tempted to eat.
- I have cravings.
- Other people might eat foods that I want in front of me.
- When I feel bored or stressed I will need to look for something to do other than eating.
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### AVOIDING SUGARY DRINKS

**PROS**  **CONS** 

- My blood-sugar levels will be normal.
- I will feel energized longer, and avoid a sugar crash.
- I will perform better in sports or school.
- I will have better skin or cleaner teeth.
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- I might have fewer options for drinks.
- I might not like the taste of water or of other drinks.
- It may be a challenge at first to cut back.
- I might feel like I'm the only person trying to cut back.
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Take a moment to look at your list of pros and cons. On a scale of 1 to 10, how important would you say are the pros, and how important are the cons?

NOT IMPORTANT 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 VERY IMPORTANT

**Eating Healthy**    
pros cons

**Avoiding Sugary Drinks**    
pros cons

If your list of cons is more important right now, then try to think of more pros to trying healthy things. As your list of pros becomes longer you will feel more motivated to change.

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