

**EXERCISE: Advantages and Disadvantages**

Write the advantages and disadvantages of reaching or not reaching the goals you identified on **Worksheet 5.1** in the boxes on **Worksheet 5.2**.

**WORKSHEET 5.2. Advantages and Disadvantages of Reaching and Not Reaching My Goals**

Goal 1: \_\_\_\_\_

	Reaching This Goal	Not Reaching This Goal
Advantages		
Disadvantages		

Goal 2: \_\_\_\_\_

	Reaching This Goal	Not Reaching This Goal
Advantages		
Disadvantages		