

Pros & Cons Exercise

Let's get down to evaluating your practice. This exercise will support you in identifying and becoming aware of the blind spots and success within your personal and professional life. You can use this exercise anytime you want to deep dive into it to understand you better!

Directions

In the chart below:

- Identifying the pros and cons
- After making your list, take each **pro**, evaluate what works, and understand how to apply it within your professional life.
- Once you finish with your Pros, take each **cons**, and evaluate the opportunities on whether you need to delegate or eliminate
- When making your list, make sure to reflect from an internal and external perspective.

Tips

Pros- Love doing it. Produce results.

Cons- Setbacks, Mental barriers, things that are consuming my energy.

Pros (Wins)	Cons (Barriers)
1. 2.	