Knowing When to Quit Cheat-Sheet

Goal:

Starting Date:

Quitting Trigger:

Should I continue working on this goal?

	Pro		Con	
1. Measurable progress?	❖	( )	❖	( )
2. New skills?	❖	( )	❖	( )
3. Valuable network?	❖	( )	❖	( )
4. Enjoying the process?	❖	( )	❖	( )
5. Growing as a person?	❖	( )	❖	( )
6. Feelings about going on?	❖	( )	❖	( )
7. Opportunity cost?	❖	( )	❖	( )
8. Affordable to go on?	❖	( )	❖	( )
9. Will things get better?	❖	( )	❖	( )
10. Advice to a friend?	❖	( )	❖	( )
11. What if starting today?	❖	( )	❖	( )
12. Benefits still there?	❖	( )	❖	( )
13. Has appeal dropped?	❖	( )	❖	( )
14. Has difficulty increased?	❖	( )	❖	( )
15. Recoup investment?	❖	( )	❖	( )
	Pro Total Sum:		**Con Total Sum:**	

This is Bigger   This is Bigger

Continue!   **Quit!**

New Quitting Trigger: _____