Change Cost Acknowledgment

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A new commitment may reduce time for another valued activity.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Name possible losses or costs of a desired change alongside possible benefits.

3. What tradeoff deserves honest attention?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.