

PAIN/GAIN Model of Action

The key to success for this tool is to clearly state the current situation and what would be the change. As you write your future box items, be sure to use positive energy words—so as not to bias your future. Always state your future using positive words.

	PAIN	GAIN
CURRENT	What is missing from the current situation and why is that desired and important? 1	How do you benefit from the current situation? 2
FUTURE	What costs have to be paid in order to make the change? 3	What are the benefits for the desired change and why are they important? 4
	CURRENT	FUTURE