Patterns 01 and 02

Be brutally honest about the payoff, then weigh it plainly against the price.

Pattern 01:

The short-term payoff (why part of me still likes it)

The true long-term cost (what it quietly steals)

Is the bargain worth it?

Check one honestly:

☐ Ready to drop it ☐ Getting close ☐ Still attached

Pattern 02:

The short-term payoff (why part of me still likes it)

The true long-term cost (what it quietly steals)

Is the bargain worth it?

Check one honestly:

☐ Ready to drop it ☐ Getting close ☐ Still attached

Patterns 03 and 04

Be brutally honest about the payoff, then weigh it plainly against the price.

Pattern 03:

The short-term payoff (why part of me still likes it)

The true long-term cost (what it quietly steals)

Is the bargain worth it?

Check one honestly:

☐ Ready to drop it ☐ Getting close ☐ Still attached

Pattern 04:

The short-term payoff (why part of me still likes it)

The true long-term cost (what it quietly steals)

Is the bargain worth it?

Check one honestly:

☐ Ready to drop it ☐ Getting close ☐ Still attached

Ledger Notes

Use these lines for anything the ledger brought up.