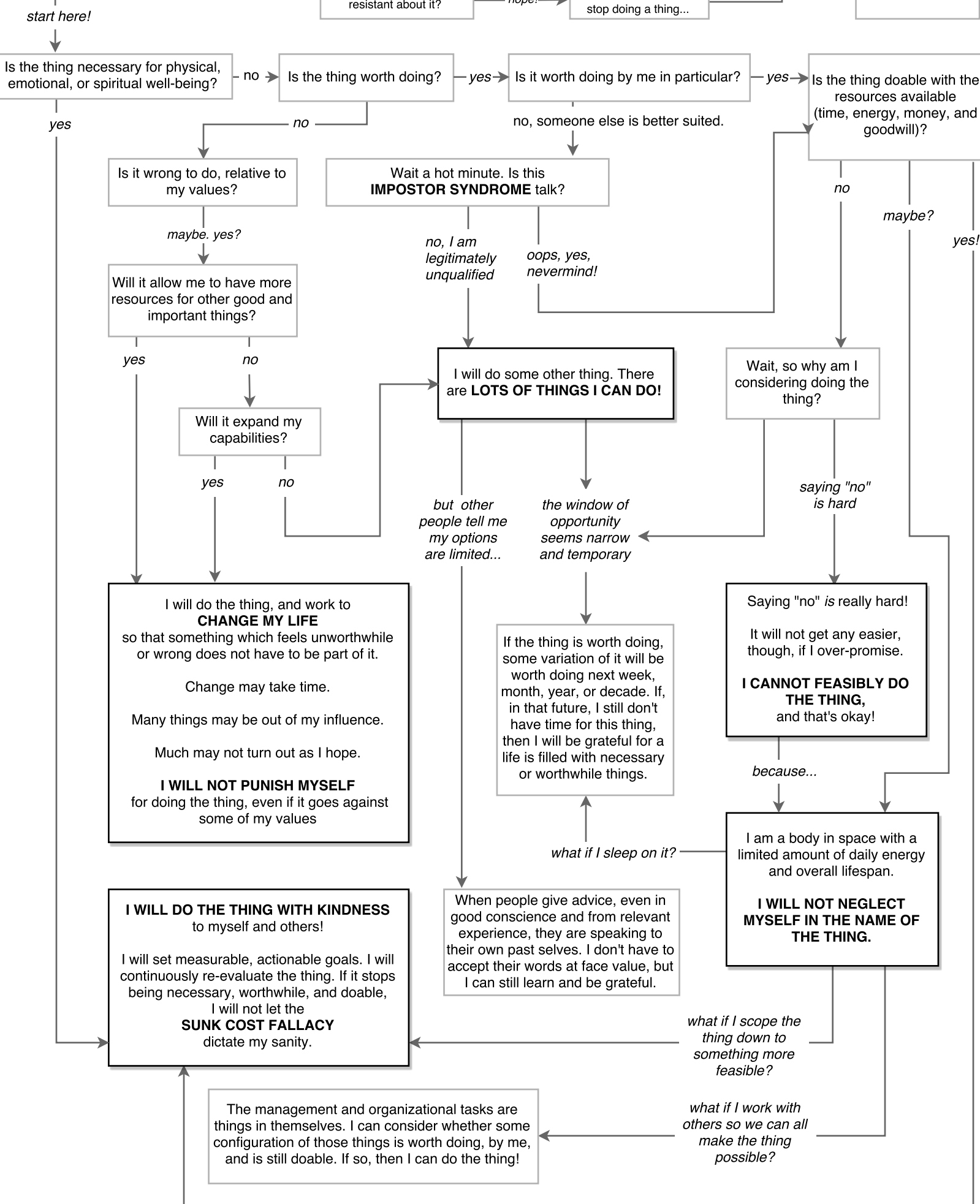


# SHOULD I DO THE THING?

v2.0 / 2017 / by kit kuksenok



Am I thinking about starting or doing some thing, but I am a little hesitant or resistant about it?

I can use it to decide whether to do the thing...  
I can use it to decide to stop doing a thing...

...be **AT PEACE** with my decision.

Is the thing necessary for physical, emotional, or spiritual well-being?

Is the thing worth doing?

Is it worth doing by me in particular?

Is the thing doable with the resources available (time, energy, money, and goodwill)?

Is it wrong to do, relative to my values?

Wait a hot minute. Is this **IMPOSTOR SYNDROME** talk?

Will it allow me to have more resources for other good and important things?

Will it expand my capabilities?

I will do some other thing. There are **LOTS OF THINGS I CAN DO!**

Wait, so why am I considering doing the thing?

I will do the thing, and work to **CHANGE MY LIFE** so that something which feels unworkwhile or wrong does not have to be part of it.  
Change may take time.  
Many things may be out of my influence.  
Much may not turn out as I hope.  
**I WILL NOT PUNISH MYSELF** for doing the thing, even if it goes against some of my values

but other people tell me my options are limited...

the window of opportunity seems narrow and temporary

If the thing is worth doing, some variation of it will be worth doing next week, month, year, or decade. If, in that future, I still don't have time for this thing, then I will be grateful for a life is filled with necessary or worthwhile things.

Saying "no" is really hard!  
It will not get any easier, though, if I over-promise.  
**I CANNOT FEASIBLY DO THE THING,** and that's okay!

I am a body in space with a limited amount of daily energy and overall lifespan.  
**I WILL NOT NEGLECT MYSELF IN THE NAME OF THE THING.**

**I WILL DO THE THING WITH KINDNESS** to myself and others!  
I will set measurable, actionable goals. I will continuously re-evaluate the thing. If it stops being necessary, worthwhile, and doable, I will not let the **SUNK COST FALLACY** dictate my sanity.

When people give advice, even in good conscience and from relevant experience, they are speaking to their own past selves. I don't have to accept their words at face value, but I can still learn and be grateful.

what if I scope the thing down to something more feasible?

The management and organizational tasks are things in themselves. I can consider whether some configuration of those things is worth doing, by me, and is still doable. If so, then I can do the thing!

what if I work with others so we can all make the thing possible?