

make a decision and be at peace with it

SHOULD I DO THE THING?

I am thinking about doing a new thing.

I am thinking about not doing a thing anymore.

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

yes

no

I will do the thing with kindness to myself and others.

I will be honest with myself in my expectations. I will set measurable, actionable goals. I will continuously re-evaluate the thing. If the thing stops being necessary, worthwhile, or doable, I will not fall for the sunk cost fallacy: I will let the thing go.

yes

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

yes

oops:)

maybe

no

Wait, why am I considering this impossible thing?

saying "no" is hard...

Saying "no" is very hard! And it gets harder over time. I cannot do the thing, and that's okay!

because...

I will not neglect myself in the name of the thing.

Is this impostor syndrome?

Wait a minute!

no

I am genuinely unqualified

I will do some other thing: there are many things I can do!

but...

People tell me that the window of opportunity is narrow and temporary, or that my options are limited

I don't have to accept advice I get at face value, or even agree or disagree, to get insight and inspiration from it.

When people give advice, even in good conscience and from relevant experience, they are ultimately speaking to their own past selves.

...including this flowchart.

Developed between 2016 and 2020 and informed by working through major physical, emotional, and mental changes. All improvements to this version were made possible by people using and sharing this tool; and offering feedback.

To offer your own feedback: Kit Kuksenok (IG/@xn_ze_ro) ksenok@protonmail.com

v3

Is the thing worth doing?

yes

no

Is it wrong, relative to my values?

maybe...

Will it create resources for other worthwhile and necessary things?

yes

no

I will do the thing, and work to change my life, so that something that feels unworthwhile or wrong does not have to be a part of it.

Change takes time.

Many factors are out of my control, and many things may turn out not as I would hope.

I will not punish myself for doing the thing, even if it goes against some of my values.

Is the thing worth doing by me in particular?

no

someone else is better suited

If the thing is worth doing, some version of the thing will be worth doing next week, month, year, or decade.



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