

**should i do the thing ?**

*I am thinking about doing a new thing.*

kit kuksenok // jan 2022 (v4.1)  
[ksen0.github.io/do-the-thing](https://ksen0.github.io/do-the-thing)

**can it wait ?**

Yes.

**don't do the thing .**

No.

**where is the urgency coming from ?**

Outside.

**but is the thing worth doing ?**

No.

Inside.

**is the thing worth doing by me in particular ?**

Yes.

Yes.

No.

**support someone else who is doing the thing .**

**what will i stop doing to make room for the thing ?**

Nothing.

**no .**

Something.

	<i>I do the new thing.</i>	<i>I do not do the new thing.</i>
<i>I keep doing an established thing.</i>	<b>not an option .</b>	<i>This is an option.</i>
<i>I stop doing an established thing.</i>	<i>This is an option.</i>	<b>also an option .</b>

*I have decided to do the thing, but I'm struggling to do it.*

**can i rescope / reframe / reshape the thing to be more doable and still worth while ?**

Yes.

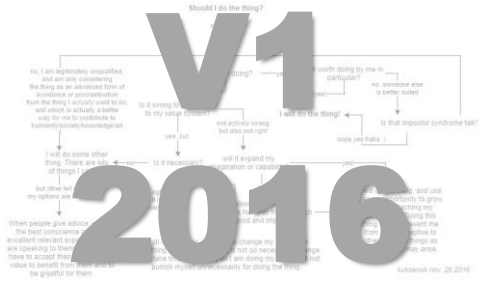
No.

**can i ask for help or invite others into the thing ?**

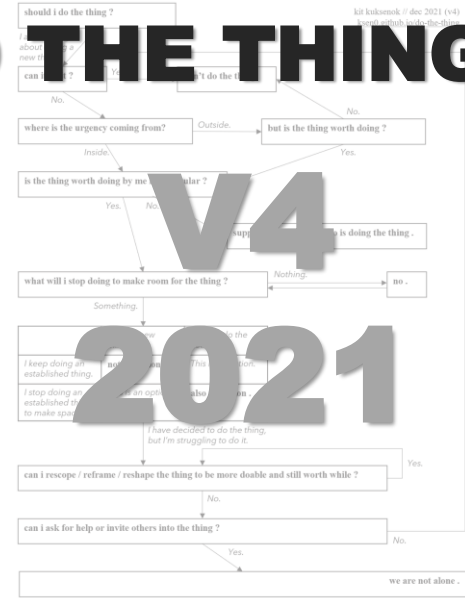
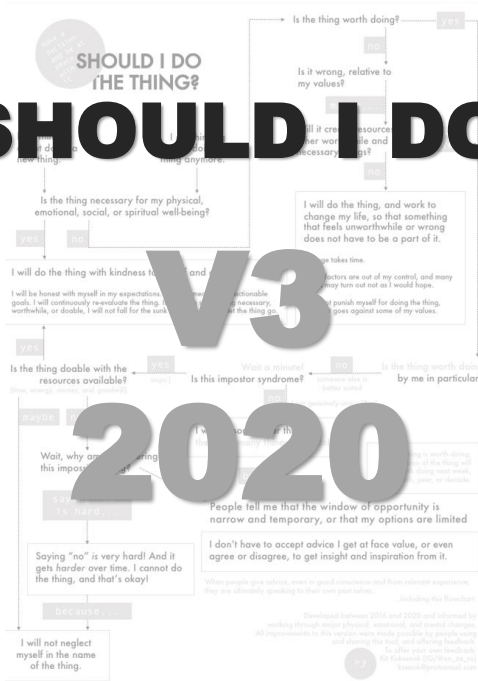
No.

Yes.

**we are not alone .**



**“SHOULD I DO THE THING?”**



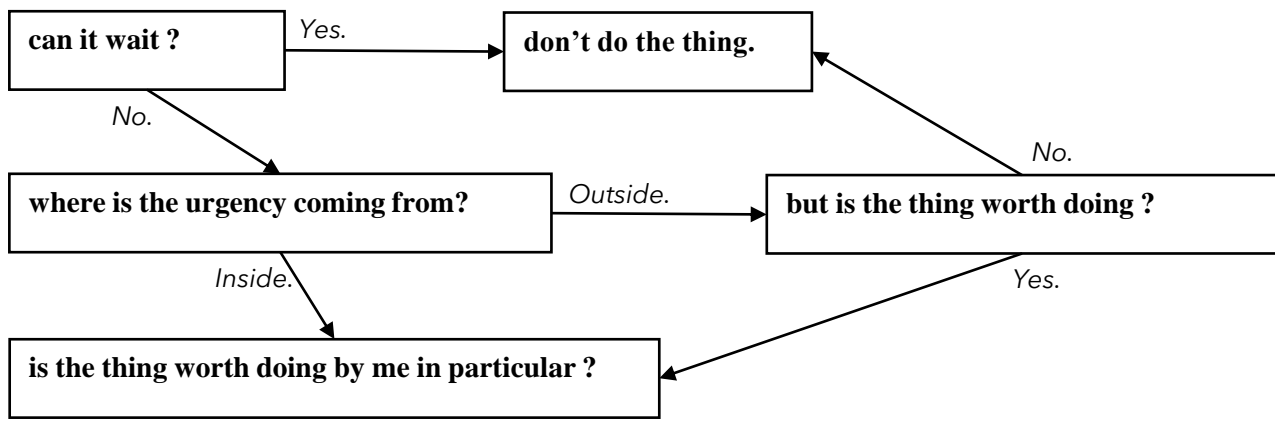
People tell me that the window of opportunity is narrow and temporary, or that my options are limited

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 the feedback

Developed between 2016 and 2021 and informed by working through major physical, emotional, and mental changes. All improvements to this version were made possible by people using and sharing the tool, and offering feedback. To offer your own feedback, see feedback@the-thing.com and feedback@personal.com



*I have decided to do the thing,  
but I'm struggling to do it.*

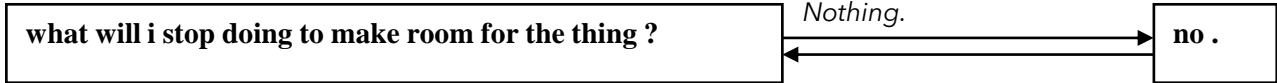


**can i rescope / reframe / reshape the thing to be more doable and still worth while ?**

*No.*



**can i ask for help or invite others into the thing ?**



*Something.*

	<i>I do the new thing.</i>	<i>I do not do the new thing.</i>
<i>I keep doing an established thing.</i>	<b>not an option .</b>	<i>This is an option.</i>
<i>I stop doing an established thing to make space.</i>	<i>This is an option.</i>	<b>also an option .</b>