SHOULD I DO THE THING? PROJECT EVALUATION

ADHD		
wtoadhd.com	Project Name	Date
	Is it too time-spensive? Let's find out!	
	From "How to Get Projects Done, On Time, Without Your Life Falling Apart in the Process"	
What is it?		
What exactly am I agreeing to?		
Why do I want it?		
Short-term benefit? Long-term benefit?		
How much will it cost me?		
ne, energy, money, etc?		
ICTURE YOUR END GOAL		
How will I pay for it?		
How will I fit this into my "time budget" (aka schedule?)		
THE VERDICT	It's worth it to me! It's too time-spensive, but It's not worth it to me!	I can do this: