

should i do the thing ?

*I am thinking
about doing a
new 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.

Yes.

is the thing worth doing by me in particular ?

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>	not an option .	<i>This is an option.</i>
<i>I stop doing an established thing.</i>	<i>This is an option.</i>	also an option .

*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 .