



## How to Choose Your Just Right Project

### Lesson #3 How to Discern

You may well have already chosen your project by doing the exercises I shared in the last lesson.

Or you may have narrowed it down to a few options.

If you need more choosing help, no worries! I've got you covered.

**This lesson includes 4 four discernment methods.**

My strong recommendation is to choose only two of the three. If you do more, what's probably happening is that you already know the best project to choose but you're giving in to fear by coming back for a "different" answer OR you're denying what you really want, again because of fear.

In fact, maybe you don't even need to do *any* of these discernments because you actually already know what you want... possible??

Okay, choose one of the discernment methods linked below if it will help, or go shout out your window right now, "I want to do \_\_\_\_\_" and get ready to make it happen.

- [Council of Selves Meditation](#)
- [Best Discernment Questions Ever](#)
- [Grab a Friend, Ask the Body](#)



I'll be back in a couple of days to help you make your final choice.

Love,

Jen