



How to Choose Your Just Right Project

Lesson #4 The Box

This might be my favorite part of this itty-bitty-mini-course.

It might even make my top 5 favorite exercises of all time because of how it gets to the truth of the matter so quickly.

Okay, here it is.

1. Get your jar or your box or whatever you have your slips of paper in and put it in front of you.
2. Bow to your box and say thank you to your imagination, yourself, your desires. Open your arms big and wide to your life and declare that what you want matters.
3. Pull out one idea.
4. Read it. Bow to it. This is your project for the next seven weeks.

“But wait”, you say? Did you have the thought that no, I wanted to do X.”

Well then, X is your project.

Now you’re done.

Commit to it. Bow to it. Own it right now.



And find peace in knowing that nobody took all of your other brilliant project ideas away. This seven weeks is simply an opportunity for you to learn how you work, commit, and follow through so that you can do the same with all of the rest of your projects in the box. Someday.

There is no most important thing to do. What's most important is that you do something! And you have to trust yourself enough now to do what you picked.

Remember this: There's more than one of you in there and because of that you might make one of you really happy right now while you're making another one of you seriously pissed.

So what?

Snuggle your project close and tell it how much fun you're going to have together for the next seven weeks.

Oh and don't forget to write your project down on this document - [My Scariest of Sh*t](#) - and then put it up in your office or somewhere you're sure to see it often over the course of the next seven weeks.

I've got just one more brief lesson for you that's going to help you start your project off on the right foot. Spend the next couple of days thinking about your project and reminding it how fabulous it's going to be and I'll send you the last exercise on Saturday.

Love,

Jen



P.S. Ready to commit to getting your project done over the next 7 weeks?

[Register for Get Your Scary Sh*t Done](#) by end of day on Sunday and I'll be there with you every step of the way.