



## How to Choose Your Just Right Project

### Lesson #5 Reflect... This, Not That

Learning happens best when we reflect but personally, I often resist it.

It seems like busy work to me. "I already know what I learned dammit!"

So here's what I'll ask you to do instead:

**Make a This / Not That Map for your project.**

Get a piece of paper. Draw a line down the middle.

On the left write My Project is This and on the right Not That.

Then using only ten words, list what your project is at its best and most delightful. At its fullest expression. Play with metaphors. Recall your process story. But keep it to ten words!

Examples for a project of couch to running a 5K: daily effort, angels, funky playlist, happy rewards, visual reminders. (This list makes sense to the person who made it not so much to you but you get the idea.)



Then using only ten words again, list what your project is not. Examples for couch to running a 5K: I can't, younger me, alone, Gatorade.

Doing this will help you solidify what you have discovered and help the project become even more clear.

Laminate it and carry it with you or post it proudly where you can see it often.

Okay, there's nothing left to do now but start.

And whether you do it with me in the [Get Your Scary Sh\\*t Done course](#) starting on Monday, September 25th, or you choose to do it all on your own, I wish you nothing but success in the next seven weeks. I know you can do this!

Love,  
Jen