DOWNSHIFT CHALLENGE How to prioritize and choose a target



MUST DO	WANT TO DO	NICE TO DO	DON'T DO
to earn a living	great ideas	good ideas	low value activities
to care for others	that make things better	that would be nice	that don't add much
to care f <u>o</u> r yourself	for yoursel <u>f</u> and others	if you ha <u>v</u> e time	or bring you joy
↓	I	↓	↓
DO NOT DOWNSHIFT	HIGH IMPACT DOWNSHIFT	LOW IMPACT DOWNSHIFT	STOP FOREVER
These are not good candidates. If you'd like to move something off this list (or downshift), you first need to reassign responsibility. Reassigning responsibility may be the right move, and it is possible. However, that would be a strategic, long-term change (not a downshift). You will want to be intentional and communicate carefully with others who are affected.	harm or undermining yourself in	A good fit for the downshift- curious. These are an easy way to play with the idea of downshifting. You won't feel as much impact, but choosing something on this list will give you a taste of the downshift experience. And that's just fine! Next time, if you choose, you can try downshifting something with more impact.	These are not a good candidate for downshifting becausewhy are you doing them in the first place? Put these down permanently and walk away.
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