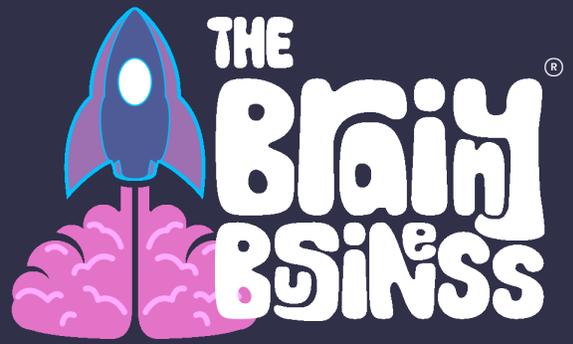


# BIKESHEDDING

## WORKSHEET



Our brains will dwell disproportionately on trivial things to avoid tackling the big, important problems. Ask these questions to overcome bikeshedding.

### 1) Will I care about this 5 years (or even 5 days) from now?

When you're avoiding a big problem by bikeshedding, you will just find another trivial item to focus on once you've finished dwelling on this one. If this won't matter in the long run, it is likely bikeshedding and not worth worrying about. Practicing not caring about these will get easier over time and become habit.

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### 2) What is the consequence if I get it "wrong"?

Bikeshedding problems are easily fixed if the decision made is "wrong" - you can change to a different website template or scheduling software if the one you started with doesn't meet your needs. This means they aren't worth the time you would spend dwelling on them and it is better to move forward quickly.

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### 3) Will this decision help me reach my goals or keep me from them?

Bikeshedding problems are distracting you from your goals. When you have your priorities outlined, you can know if focusing on this issue is helping or hindering your ability to move forward on what matters.

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### 4) Is asking for advice actually keeping me stuck?

Everyone's brain likes to dwell on trivial stuff and make it seem like a bigger deal than it is. That means, other people will want to weigh in on your unimportant conundrum and make it appear to be a huge deal (because it distracts them from their own big questions). Focus on what you want, and know that in most cases...you don't need to ask anyone else for their input - especially when it will just keep you stuck.

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