Yes or No?

Ask yourself these questions

When you were first asked, what was your physical reaction?

When you were first asked, what thoughts popped into your head?

If you answer yes, will you have the time & energy to complete this project in a way that measures up to your standards?

When would you make the time to get this done?

What, if anything, are you willing to give up in order to fit this in?

What could you gain from this commitment?

What could others gain from you making this commitment?

Could making this commitment bring any potential negative consequences to you or your loved ones?

If it were up to you, would you wish that they make this request of you again? Why or why not?

What would be your biggest reason for saying "yes?"; "no?"