

Project Fit and Capacity Checker

This decision-making tool helps you assess new ideas, client projects and self-initiated work through a short series of questions. Each one looks at a different part of what makes work sustainable.

Use it to check how well the project fits your creative interests, how it contributes to your wider ecosystem of work and whether you have the time, capacity and financial means to take it on.

You can use it for paid work, unpaid collaborations and personal ideas. It helps you notice patterns, see where your limits are and decide how to resource yourself well before saying yes. Or no, if that's what is best for you.

The system has three parts:

1. **Suitability**
2. **Impact**
3. **Resourcing and reward**

Score each question from **0 to 3**. The total score gives you a clear reading of whether the project is a good fit, needs adjustment or should be put aside. It is not about judging the work. It is about choosing with care so that you stay energised, grounded and able to give your best attention to the things that matter.

Replace anything in [] with what's relevant to you. You can weight sections more heavily depending on what matters most at the time.

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If you do find it useful, I'd love to hear how you get on! khandiz@khandid.studio

Section 1. Suitability

These questions check creative fit, personal alignment and regenerative intention.

1. Is it creatively stimulating?

Does the idea or client brief feel interesting, imaginative or genuinely energising?

0 No spark | 1 Mild interest | 2 Clear curiosity | 3 Strong creative pull

2. Does it relate to your core inquiry in a meaningful way?

Does the work help explore how wellbeing, creativity and nature influence one another, or support your wider inquiry about [well humans as essential to a well world]?

0 Unrelated | 1 Light reference | 2 Supports the inquiry | 3 Deeply linked

3. Does it get you into nature or support nature connection?

Does the project involve outdoor work, nature-led processes, ecological design, or experiences that reconnect you with the natural world?

0 None | 1 Rarely | 2 Often | 3 Fully part of the work

4. Can you bring multiple skillsets or talents?

Beyond basic delivery, does this allow you to draw on your full skillset/practice such [facilitation, ecological design, systems thinking, creative experimentation, or synthesis]?

0 Only surface-level skills | 1 Minor opportunities | 2 Several deeper elements |



3 Full-spectrum fit

5. Will it teach you something new or deepen an existing skill or knowledge branch?

Will this lead to meaningful learning, new knowledge, or growth of an existing branch of your practice?

0 No growth | 1 Light learning | 2 Solid learning or development | 3 Significant growth

6. Is it regenerative in approach, process or intention?

Does the work avoid extractive ways of working, support life, restore something, increase care or improve the conditions for yourself, people or the nature?

0 No | 1 Somewhat | 2 Mostly | 3 Fully

Total possible: **18**

Section 2. Impact

These questions check usefulness, ethics and contribution beyond the immediate output.

7. Does it generate multi-beneficial outcomes?

Does it benefit you, the client, your ecosystem, and improves general conditions for all forms of Life.

0 No wider benefit | 1 One other benefit | 2 Several clear benefits | 3 Many layered benefits



8. Does it contribute to more responsible or caring ways of working?

Does it support healthier organisational behaviour, better decision-making, or more life-centred ways of operating?

0 No | 1 Slightly | 2 Mostly | 3 Strongly

9. Does it avoid extractive or depleting dynamics?

Does it avoid urgency culture, burnout cycles, poor boundaries, unethical practices or pressure that drains energy?

0 Extractive | 1 Some concerns | 2 Largely safe | 3 Fully non-extractive

10. Does it strengthen your broader ecosystem of work?

Does it fit with your long-term direction for *[business name]* build reputation, expand your practice or create future possibilities?

0 No alignment | 1 Loose link | 2 Clear connection | 3 Strong strategic value

Total possible: **12**

Section 3. Resourcing and Reward

These questions protect your time, money, energy and nervous system.

11. Does it fit your current capacity?

Do you realistically have the energy, time and cognitive bandwidth to do this without over-stretching?

0 No capacity | 1 Possibly but tight | 2 Manageable | 3 Spacious and manageable



12. Will it pay fairly for the level of work?

Is the fee appropriate for the skill, labour, thinking, and emotional load?

0 Underpaid | 1 Borderline | 2 Fair | 3 More than fair

13. Does it contribute to your financial abundance?

Will this strengthen your financial stability or long-term financial ecosystem?

0 No | 1 Small contribution | 2 Good contribution | 3 Strong contribution

14. Will the process leave you energised rather than depleted?

When you imagine doing the work, does your body feel contracted or open?

0 Depleting | 1 Mixed | 2 Mostly energising | 3 Strongly energising

15. If no, low-paid or unpaid, does it meaningfully nourish you or your vision?

Does it clearly support long-term goals, creativity, relationships, or curiosity?

0 No | 1 Small value | 2 Good value | 3 Deeply nourishing

Total possible: **15**

Deciding

You add up the scores from all three sections.

A simple way to interpret the result:



45 to 32

Strong green light. This is aligned, nourishing and sustainable.

31 to 22

Proceed with conditions. Adjust the scope, timeline or price. Decide what needs to shift to make it sustainable.

21 to 12

Caution. Only take it if there is a compelling long-term value.

Below 12

No. This will drain you or take you off course.

Optional: A charging guide for paid work

Once you score a paid project, you can use the result to guide fees.

High score (45–32)

Aligned but potentially demanding. Charge at the upper end of your usual range, but consider other forms of value exchange if appropriate.

Mid score (31–22)

Charge fully for delivery time plus buffer for the energetic cost.

Low score (21–12)

Either decline or charge a premium because of the cost to your energy and capacity.

Very low score (<12)

Decline. No fee can compensate for deep misalignment.



Dynamic Functions

If you wanted to turn this into a dynamic spreadsheet that auto scores for you, here's the formula cheatsheet on how to do that. The added benefit of this approach is that you will be able to see your working patterns over time.

Sheet column headings

Timestamp
Project Name
Creative Stimulating (1)
Inquiry Link (2)
Nature Connection (3)
Deep Skillset (4)
Learning Opportunity (5)
Regenerative (6)
Multi-Beneficial (7)
Caring Ways (8)
Non-Extractive (9)
Ecosystem Fit (10)
Capacity Fit (11)
Fair Pay (12)
Financial Abundance (13)
Energising (14)
Nourishing (15)
Total Score (Auto)
Interpretation
Notes

Auto-score formula

Place this in **Total Score (Auto)**:

=SUM(C2:Q2)



(C2 to Q2 assumes your first scoring column is in column C.)

Interpretation formula

Place in the **Interpretation** column:

```
=IF(R2>=32, "Strong Yes",  
    IF(R2>=22, "Yes with Conditions",  
    IF(R2>=12, "Caution",  
    "No")))
```

(Adjust R2 if your Total Score column differs.)

Conditional colour coding

Apply conditional formatting to the **Interpretation** column:

- Strong Yes = green
- Yes with Conditions = amber
- Caution = orange
- No = red

Optional: Additional features

You could also add:

- A radar chart showing the shape of the project
- A balanced score heatmap
- Weighting sliders (if some factors should count more)
- A “Charging Recommendation” column based on score bands

