Side Hustle Fit Checklist

Use this checklist to decide if a side hustle truly fits your life right now.

Can I do this in 1–2 hrs a day or on weekends?
Does it give me energy—or drain me just thinking about it?
Can I start without needing \$500+ in tools and/or courses?
Can I pause or quit if my family/job needs me more?
Will it negatively affect my physical or mental health?
Is this something I can stick with long term?
Will I resent it in a month?
How soon could this actually earn money?
Would I want this even if it weren't trending?
When I picture doing this, do I feel relief—or resistance?



Now What? Read Your Results

8–10 boxes checked:

This could be a good fit. Test it out with clear time limits and see how it feels.

5-7 boxes checked:

Some tweaks might make this work. Can you simplify or set better boundaries?

Fewer than 5 boxes checked:

This might cost you more than it gives. It's okay to wait for something that fits better.

Quick Reflection:

What does a "good fit" side hustle look like for you right now? Write down 2–3 things you'd want it to feel like—not just what it pays.

You don't have to hustle harder to prove anything. You deserve something that respects your time, your energy, and your life.

