

Multi-Passionate Mastery Podcast

Episode 2: Common Myths about Multi-Passionates and Focus that You Can Stop Believing Right Now [Transcript]

[00:00:00] Welcome to the Multi-Passionate Mastery Podcast. The podcast where creatives come to embrace their talents as a gift, not a burden. I am your host, D'Ana Joi, lover of crystals and house plants and mom to a very cute rescue pup named Chai. Together, we'll explore how to finally make friends with focus, ditching overwhelm and idea fatigue once and for all, and how to be unapologetic about who you are as a multi-passionate. But I'm not just going to pump you up with a bunch of empowerment content. I'm going to give you tools and practices that you can implement starting today. It's time to unlock your multi-passionate mastery. Let's begin.

[00:00:45] Hello, my love. Thank you for joining me for today's episode. I am so excited to discuss three common myths about multi-passionates and focus and why you can stop believing them right now. We're also going to replace those myths with three empowering truths about focus to adopt instead. When it comes to focus as a multi-passionate, I can bet that there are certain things you believe simply because they have been opinions that have been stated over and over and over.

[00:01:22] This can be especially true if you have worked with a more traditional business coach or even if you've been in a group program that wasn't geared specifically to multi-passionates. This is why I love creating group coaching experiences and launching pop-up memberships where I get to work directly with multi-passionates, like you, because we get to rewrite some of these old, dried up, crusty ass narratives that need to be done away with quite honestly. And so that's the vibe that we're going with for today's episode. We're going to talk about three myths about multi-passionates and focus that needs to be done away with, and then we're going to replace those with three empowering truths about focus to adopt instead. Let's dive right in.

[00:02:15] Myth #1: Multi-passionates can't focus because they're all over the place. Here's why that's not true. Multi-passionates, like you, are gifted with many skills and talents. That does not mean that you're all over the place. Being all over the place is something that people who don't understand you as a multi-passionate will project onto you so that they can stay comfortable instead of getting to know who you are.

[00:02:48] I remember working with a coach who asked me straight up, "Joi, do you want to be an influencer or do you want to be an educator? Because you can't do both." And, you know, I often get companies that will reach out to me or sometimes I'll reach out to them because I'm already using their product, and I aligned with their mission and

I want to back them up. Right? And just tell my people about it or I'm already telling my people about it. So why not allow that to be an additional stream of income in my business? This coach just felt like that wasn't okay and that I couldn't do that and that I couldn't be an influencer and also be an educator. But says who, right?

[00:03:34] Now that I look back on that advice, which by the way I completely ignored, but now that I look back on that I realize they did not believe that they could be both an influencer and an educator. And therefore their projection onto me was that as a multi-passionate I'm a little all over the place and I can't do both and I need to choose. So that was a projection and that's what tends to happen when someone doesn't understand you. This is why it means so much to me to be able to speak directly to you as a multi-passionate from a multi-passionate who gets you because I'm not going to project those things onto you because I believe that you can do more than one thing.

[00:04:22] So that's the first reason why it's not true. Typically when someone says, "Oh, you know, as a multi-passionate you can't focus because you're all over the place." That whole "all over the place" thing is a really, really easy cop-out for just not making an effort to even try to get to know who you are as a person.

[00:04:41] The second reason that's not true is that lack of focus is usually a by-product of lack of clarity. Anyone can experience lack of clarity. That's not exclusive to multi-passionates. So if you feel like you're all over the place, don't make your multi-passionate nature of the scapegoat for that. Instead, put your efforts towards implementing simple processes that can create more clarity.

[00:05:14] My favorite way to get out of that all over the place feeling is to have an intensive focus session, and we'll be talking about intensive focus in the next episode, but if you're ready to dive in right now, my e-book *Finally Focus* is available for you, and I will link to that in the show notes. So having some time set aside on my calendar where I know I'm going to be able to look at my projects and tap into my bigger vision and make sure that my priorities are aligned with my commitments, that's how I curb that all over the place feeling. What I don't ever do is blame it on the fact that I'm multi-passionate because that's just not true.

[00:05:54] Myth #2: Multi-passionates lack focus because they're not committed to their goals. We're going to settle this right now. Do not mistake your lack of focus to be a lack of commitment to your goals. They're not one in the same. You can have very clear goals and still lack focus. In fact, your desire to focus is a result of your commitment to your goals.

[00:06:22] Stay with me here, and I want you to really just listen to what I'm saying. Try not to judge it and just listen. If you weren't committed to your goals would you really care if you were focused or not? I'm going to ask you that again, if you weren't committed to your goals, why would it matter whether or not you're focused? Your desire to focus is a direct result of your commitment to your goals. So we're going to leave that myth right here. It's officially been debunked. Lack of focus has nothing to do with not having goals that you're working towards.

[00:07:00] Myth #3 and this is a big one: When multi-passionates know how to focus they finally be successful. Here's why that's completely oversimplified and also not true. Success is relative. Focus will support you in finishing what you start, making progress towards your goals, and putting impactful work out into the world. But how you define success is up to you and only you get to decide what that looks like. So saying, "Oh, if you could just focus, you'll be successful." it's too oversimplified to be true. There are way too many layers to that. So let's just leave that myth here right now.

[00:07:48] So to recap, here are three myths to stop believing when it comes to being a multi-passionate and focusing. Myth #1: Multi-passionates can't focus because they're all over the place. Wrong. Feeling all over the place can happen to anyone, not just multi-passionates. Okay? So no, just no. Myth #2: Multi-passionates lack focus because they're not committed to their goals. Completely false. Your commitment to your goals is the reason you want to create a better relationship with focus in the first place. Myth #3: When multi-passionates learn how to focus, they'll finally be successful. No, we're not going to let anyone throw this blanket statement over-simplified bullshit at you. Success is relative, and focus is a tool that will help you gain momentum towards what you want to achieve, but only you get to decide what success looks like.

[00:08:53] All right now that we have debunked those myths, let's replace them with three truths about focus that you can adopt instead. The first truth is that focus is a tool that will help you gain momentum and work towards your goals, whether they're big or small in nature. Let me repeat that again. Focus is a tool that will help you gain momentum and work towards your goals. That's the truth that you can adopt.

[00:09:28] Number two, there's no right or wrong way to focus. And I know that's kind of controversial, but I stand behind that statement. The right way to focus is the way that helps you gain momentum toward your goals. Period. So for some of us, that's going to look like grinding it out and staying up late. For others, it's going to look like dedicating one solid hour a day. We don't know what that means or what that looks like until we begin to experiment with the different types of focus, which we'll get into in future episodes.

[00:10:07] The third truth is that there's more than one type of focus, and there's more than one way to focus. If you don't believe me, click the link in our show notes and go take the free creative focus style quiz. This is a quiz that I designed to help you see what your unique approach to focus is and to help you begin to look at focus as more than just this thing that you either can or can't do. There are so many nuances to how we engage with focus, especially as multi-passionates. And this quiz is going to reveal so much about your unique style, and it'll also talk about some of the challenges and hangups that you may be facing.

[00:10:51] That is it for the three truths. I'm going to repeat them really quickly. Remember these three things. #1: Focus is a tool that will help you gain momentum and work toward your goals, #2 there's no right or wrong way to focus as long as it's working for you, #3 there's more than one type of focus and more than one way to focus. And don't forget to tap the link in the show notes and take the focus style quiz.

[00:11:22] All right, my beautiful multi-passionate friend, that's it for this episode. I cannot wait to see you in our next episode because we are going to dive into my 3-Part Focus Framework, starting with intensive focus and why you need it as a multi-passionate. I'll see you in the next episode.

[00:11:40] Thank you for tuning in to the Multi-Passionate Mastery Podcast. If you received anything valuable, send it to a friend. I know you've got some creative people in your life who need to hear this. Also, please take a moment to pop over to iTunes and leave a review. Even sharing one sentence about how you feel about this podcast can help us reach the hearts and ears of more multi-passionates. If you're not exactly sure how to leave a review, I've left some instructions for you down in the show notes. Thanks again, and I'll see you in the next episode.

Links Mentioned in Show Notes:

Take the Creative Focus Style Quiz: <https://multipassionatemastery.com/focus-quiz>

Grab the Finally Focused eBook: <https://joi-knows-how.com/e-book>

How to leave a review: <https://multipassionatemastery.com/review>

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