

[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. 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.

[00:00:37] Hello, my love and welcome back to the show. I'm so excited to spend some time with you today. Today, we're going to talk about how to create clear priorities when you're multi-passionate and you want to do all the things. It's easy to see the benefits that creating clear priorities will have in your life.

[00:00:58] But how do you do that when you truly have so many things on your heart that you want to express? It all starts with the thoughts that you're thinking and the current mindset that you have about what prioritization means in the first place. That's what we're going to get into in today's episode.

[00:01:16] The first thing that I want us to unpack. Is the idea that having clear priorities is not the same as quote unquote, choosing one thing.

[00:01:25] I hope that by now, you know, that I'm never going to come on his podcast and tell you to simply choose one thing, because I know firsthand as a multi-passionate, it's not that simple.

[00:01:35] You're multi-passionate because you have many talents, many interests, and many ways of expressing yourself on top of that. You want to get your ideas and your work out into the world. So choosing just one thing. Goes against your nature. And if you've ever tried to just choose one thing over the other in the past.

[00:01:56] You already know how painful it can be to feel like you're leaving all the other parts of yourself on the table. That's the last thing that I want to come into your mind when you think about creating clear priorities. If you've been equating, creating clear priorities with choose one thing up until now,

[00:02:15] I'm going to give you an analogy to consider. If you are not driving, if you're in a space where you can close your eyes and visualize with me for a moment. This is a great time to do that. If you are driving or if you're multitasking, see if you can find. A small pocket in your mind to bring forward this image as you listen.

[00:02:34] I want you to think about a beautiful painting of a landscape. Like an oil painting that has all those beautiful details. This painting is so beautiful and has so much depth that you find yourself stepping closer and closer to it to get a better look and take it all in.

[00:02:54] Now think about the process that went into creating this painting. Imagine the painter in their studio with just a blank canvas and a vision. First they dip their paintbrush and water to wet the canvas that the paint can cover it smoothly. Then they begin to build the colors of the gradient sky. In the background.

[00:03:17] Next, they give that a moment to dry and then they begin to build Hills or a mountain range, adding layer upon layer to this beautiful painting until finally. They reached the fine details at the very foreground of the image.

[00:03:34] Can you see that scene in your mind? Can you see the different layers going upon this canvas to create so much depth and beauty?

[00:03:44] The canvas is your life. It's what you get to paint on. And the priorities that you choose are each element of this beautiful work of art. Each breaststroke. Is a priority. You're not just choosing one thing and painting one stroke on top of itself again and again, and again, to create a painting that is simply one line.

[00:04:10] You're creating priorities and choosing what to start with first. What to build on after that and what to build on after that to create a masterpiece. A work of art that becomes your life. And just as this painter in their studio is enjoying the process and is feeling like they're channeling the muses.

[00:04:30] As they paint this beautiful landscape. That's how you begin to feel. As you intentionally create clear priorities. And choose what to start with first, what to build on what to do next. It will feel like you're creating a work of art. It's so not related to simply choosing one thing.

[00:04:52] This is really important for you to grasp, because if I can't bring you into this space of seeing how choosing priorities can be a beautiful process for you as a multi-passionate, then it will never feel empowering. So I really hope that that image and that analogy was helpful for you. Because everything that I ever teach you here, everything we ever talk about is always going to be in service of your multi-passionate creativity. And that brings me to our next point.

[00:05:21] Creating clear priorities and does not make you less multi-passionate.

[00:05:28] I've talked about this in a previous episode, but I want to reiterate that being multi-passionate is a noun, not a verb. It's about who you be as a person, not what you do. For

example, you could be a specialist in your career, but bring so much creativity to what you do based on your other passions that you may still identify as a multi-passionate.

[00:05:53] There are no rules. And when you start to put yourself in a box of, "I have to be doing a million things to prove that I'm multi-passionate" and you go to that extreme. You're just building another box around yourself that identifying as multi-passionate was supposed to liberate you from.

[00:06:11] If you want to hear that full episode on this concept. And after this one, you can check out the episode called why you don't have anything to prove as a multi-passionate. But for now, just consider that when you accept that being multi-passionate is about who you are not what you do. Then you can see why creating clear priorities doesn't make you any less multi-passionate.

[00:06:34] Instead, but it does help you embrace your multi-passionate nature even more because you won't have the fear that being multi-passionate is something that's going to get in the way of you creating this masterpiece that is your life.

[00:06:49] There was a time in my personal experience where I really felt like being multi-passionate was a hurdle. It was something that I had to overcome.

[00:06:59] I had to figure out how could I be successful despite being multi-passionate and those were the most painful years of my life, because I was really abandoning who I am at my core, thinking that if I couldn't figure out what, one thing I wanted to do, what that one thing was going to be. If I couldn't dedicate myself to something I would never be successful and people would always see me as flaky and wishy-washy.

[00:07:27] It was a really painful time. Once I began to put certain processes in place. Around figuring out how to prioritize, how to focus, how to come to my own deep, inner clarity. All the sudden being multi-passionate was not an issue anymore. Because I could still prioritize, I could still focus. I could still bring projects from start to finish and feel proud of the work that I was putting out into the world.

[00:07:55] All while being multi-passionate. So I disproved this idea, that being multi-passionate was going to hold me back. And I proved to myself through really practicing what I preach, everything that I tell you. I have practiced on myself first. I that's how it works. I figure something out. It works for me and I say, okay.

[00:08:16] Let me teach you to some other multi passion is let's see if it works for them. If it does, I bring it to you here on the show so that we can all learn and grow together.

[00:08:25] And it's through the very concepts that I teach you right here on this podcast. And inside of my group coaching program, prioritize and thrive. That helped me really embrace who I am as a multi-passionate because my talents truly became a gift and not a burden.

[00:08:41] When you learn how to create clear priorities, the sky is the limit for how you can express yourself as a multi-passionate.

[00:08:51] The last point that I want to make is that creating clear priorities is not stressful when you follow the Priority Mapping Method. So let me get into this because I understand why creating priorities can feel stressful or seem like a stressful process on the surface.

[00:09:09] If you're someone who has really struggled with this, or you've been trying to figure it out on your own and keep running into the same roadblocks along the way. It's totally normal to associate creating priorities with a process that stresses you out.

[00:09:24] But it doesn't have to be stressful when you follow a model for creating priorities that was designed specifically for multi-passionate that's you. By a fellow multi-passionate that's me. So when you follow the Priority Mapping Method, Creating clear priorities is a process that considers you as a whole person. It's not a mindless system for you to follow. It's not a template that you plug and play and just put all your concepts in.

[00:09:54] It is something that invites you at every single stage to discover more about yourself. And when do you approach your life this way, and when you approach creating priorities this way, It's fun. It's so fun.

[00:10:10] Now I have to tell you that when you join my group coaching program, prioritize and thrive. When we're doing this together. When you have access to a beautifully designed course that walks you through this.

[00:10:21] And you have a private community full of fellow, multi-passionates who want to get to know you and cheer you on. And you have me as your coach run entire year. It is so much fun. One of my clients who's currently enrolled inside of Prioritize and Thrive, I asked what's one thing that you would love future students or people on the fence to know about the program. So here's what Allie had to say.

[00:10:45] " This program invites you to let go of standard definitions of priorities and success. When you've let go of the BS around what success should look like, you can fully embrace the tiny actions you take daily towards your goals. This is a complete mindset shift, and I'm noticing my progress and having fun. "

[00:11:04] And fun was written in all caps. I did not pay Ali to say this. This is just how she feels about the program. Does she sound stressed out? Does it sound like she's having a hard time

creating priorities? No. Right. Because I designed a method specifically for multi-passionate like you. I designed this method so that you would be excited about where you get to go once you know where your priorities are going to be.

[00:11:31] I'm going to read you one more message from another client who's currently enrolled in a program named Chanel.

[00:11:37] Chanel says "there's so much goodness to share, but if I have to pick just one thing, I'd want future students to know. It's that clarity will come and it feels good. Each coaching session serves as a light bulb moment. Even if you don't ask a question and that clarity goes from more than just your business or passion project, it makes the essence of you clear. "

[00:12:00] And then she put like a little heart man, next to that. So I wanted to read that because I think it's important for you to hear from clients, students who are currently enrolled in the program so that you can hear how they're gaining clarity, getting to know themselves and having fun. And it doesn't just apply to business, right? It can, but this process spills into every area of your life.

[00:12:26] When you join, Prioritize, and Thrive, and you worked directly with me as your coach for an entire year, I can promise you that creating priorities will be anything but stressful. It will be fun, and you'll be surrounded by a community of fellow multi-passionates cheering you on. I would love to help you take the stress out of creating priorities. You can get all the info about how to join, prioritize, and thrive down in the show notes.

[00:12:52] So you may have come into this episode, expecting me to give you a step-by-step process for creating clear priorities as a multi-passionate when you want to do all the things. But I already did that in episode 13, where I introduced you to the Priority Mapping method. I already gave you the three step process that I use in my program.

[00:13:11] Today I wanted to focus on the mindset shifts and thoughts that you're thinking about creating priorities that may be holding you back from getting started. This is one of those episodes you might want to listen to a couple more times to really let this sink in. And I would love to know how this landed for you.

[00:13:30] Share a screenshot on Instagram and tag me. My new handle is @multipassionatejoi. Joy is spelled with an I. Whenever you share, I always send a personal message back and it's so fun to chat and connect with you. So if you are resonating with this, if this is helping you shift your mindset a little bit on just the idea of creating priorities, please let me know. I'd love to connect.

[00:13:57] All right. My love. That's it. For today. I'll see you in the next episode.

