

[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.

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[00:01:03] Hello, and welcome back to the show. Let's start with a question. Have you ever looked at your calendar to see what's coming up only to realize that it's full of commitments you've made that have nothing to do with the current priorities that you've set? You're left thinking, how did this happen again?

[00:01:22] <laugh> I thought I was getting better at saying no to things. And I can't back out now, or I'll just upset people or look flaky. So I guess I have to suck it up and do all these things that I'm committed to.

[00:01:33] I was on a coaching call with a client a while back inside of my program, Prioritize and Thrive, and she was asking my advice on how to stay true to her priorities when new time sensitive opportunities come her way. And through that coaching session, we were able to get at the heart of what was really going on, which was that she didn't fully understand the difference between priorities and commitments.

[00:01:57] And listen. She was not the only one. There were many other clients on the call who felt the same. And as we unpacked this together, it became such an illuminating conversation for my clients inside of the program that I wanted to bring it here on the podcast so that you can benefit from this as well.

[00:02:15] So let's dive right into it. What's the difference? Between priorities and commitments.

[00:02:20] Priorities are areas of your life that you're choosing to give your attention to for an extended amount of time in order for them to expand and develop. Your priorities also require

you to protect them by saying no to things that start to pull your attention away from them so that they can remain priorities.

[00:02:41] It's one thing to set a priority. It's another thing to keep that priority and to honor that priority. Typically a priority is also going to be something that holds great meaning for you and/or will create momentum in other areas of your life.

[00:02:57] For example, a current priority of mine is this podcast. It's important to me, I wanna see it grow and expand, and it helps me gain meaningful momentum in my business. I protect this priority by making sure that I have time each week to record. I have systems in place that make everything involved with publishing new episodes easy and enjoyable. I say no to things that would get in the way of my recording time. And I really honor this as a priority in my life. I hold it to a very high standard.

[00:03:30] So that's a priority. Pause for a moment and think about something that fits that criteria.

[00:03:38] What is something that you would like to give your attention to for an extended amount of time so that you can allow it to expand and develop?

[00:03:48] What's something that you'd be willing to protect by saying no to other things so that it can remain a priority in your life?

[00:03:56] What's something that if you were to allow it to be a priority, would hold great meaning for you and could even create momentum in other areas of your life?

[00:04:06] Try to think of an example.

[00:04:09] Got your example? Okay. Great. So that's your priority.

[00:04:13] Now you kind of know what a priority feels like. Again, my example is the podcast. Yours might be something completely different, but I want you to have an example that you can relate to for what a priority is.

[00:04:26] Now on the other hand, we have commitments. A commitment is something that you've agreed to dedicate your time to. Whether it's a priority or not. So a commitment could look like hosting a bake sale for your kid's class. House sitting for your neighbor or taking a freelance gig for some extra cash. None of these need to be major priorities in your life for you to commit to them. And that's the most important thing to note.

[00:04:55] So when it comes to commitments that you've made, they're not always gonna be related to priorities that you've set, because sometimes we make commitments to other people.

Take a moment and think about a commitment that you have coming up. Maybe open up your calendar if you can. Look at what's on your schedule. What's something that you've said yes to whether it relates directly to your priority or not? That's a commitment.

[00:05:22] An example that I could give of a commitment is I am going to visit with my mom this weekend, I'm going over to her house. I'm gonna stay the night to spend some time with her. We have plans to go out to dinner and do some crafting. And that's a commitment that I have. It's not necessarily directly related to a priority, like my podcast. But it's a commitment that's on my schedule.

[00:05:46] So what are some commitments that you have, or at least one that you can name that you have on your calendar? Bring that to mind.

[00:05:54] Here's the reason why it's so important to establish the difference. Between priorities and commitments. Other people's priorities can become your commitments if you are not careful.

[00:06:09] Let's say you've taken on a freelance gig where a client is saying, Hey, I need you to write this article. And it's a two day turnaround.

[00:06:17] Instead of telling them that you're gonna need more time because you have other commitments to fulfill. Being the ones that are actually aligned with your priorities. You agree, you sign the contract and you get to work.

[00:06:29] On the surface. It's like, okay, well, "They needed it in two days. I'm just gonna say yes, right?" But what has happened now is that their urgency has caused you to make this project, one of your priorities. So now this thing that you've committed to is starting to become your priority, cuz you need to get it done fast. You need to get it done first.

[00:06:51] Things like this happen all of the time. You will hear from someone else that they need something or someone wants to visit with you. And their sense of urgency can cause you to make it a priority for you. And that's what we wanna get away from.

[00:07:07] When you choose to prioritize something in your life, whether it's a project in your business or your personal life. I want for you to hold that to a high standard. And as you begin to field Opportunities that come your way, remember to prioritize the commitments that align with the projects that are on top of your list first.

[00:07:29] I've talked a lot on this podcast about checking in with your priorities and commitments.

[00:07:34] I will link to my episode about intensive focus in the show notes. That's a great practice that you can do every single week to help you realign your priorities with your

commitments. And you wanna make sure that as you are looking at what you're committed to and you're looking at what your current priorities are, they are in a symbiotic relationship.

[00:07:56] If you are constantly committing to things that have nothing to do with the priorities that you've set. Well, you might notice that you're not gaining any momentum on the things that are the most meaningful for you.

[00:08:07] Now If you have extra time or you need the extra cash. Then sure you can begin to commit to other opportunities that may come your way. But you wanna do that very intentionally. What you don't wanna do is allow every single thing that comes your way that's an opportunity to immediately take precedent over the priorities that you've set.

[00:08:30] Again, when you choose to prioritize something in your life, whether it's a project in your business or your personal life, hold it to a high standard. Now is this easier said than done at times. Yes. Is it a life skill that will serve you deeply once you fully embrace it? Double. Yes. Right?

[00:08:47] So worth it. And this is exactly the kind of thing that I help my clients do inside of my coaching program, Prioritize and Thrive. So if you're listening to this and you're thinking: "I've told myself a million times that I'm not gonna over commit. I've told myself a million times that I'm gonna get clear of my priorities. I've told myself a million times that I'm gonna stay focused and that I'm gonna follow through, but I keep starting these projects, stopping in the middle, getting distracted and I'm just not gaining that kind of momentum that I really wanna gain." Then it might be time for you to have some support and I'm here for that. I'm here to support you through that.

[00:09:24] I do this through my coaching program, Prioritize and Thrive where you will learn the priority mapping method which has those three juicy parts. Clarity, priority stacking, and learning how to focus to follow through. Once you have those three things in the bag, you will be good to go. But life happens, things come up just like my client who has this question on a call. She felt like she was getting there- starting to create her priorities, but these opportunities kept coming to her that were more time sensitive.

[00:09:55] So she brought that to a coaching call and we were able to talk about it. That's the difference between trying to do this on your own versus having a coach in your corner to support you. I would love to be that person for you. So if you need help with this, click the link in our show notes and get some information about Prioritize and Thrive.

[00:10:16] Before we close I also wanna plug. The brand new offering that I have for you, it's completely free. And I know you're gonna love it. It's called Thrive Guide. It's a 10 part digital magazine series delivered directly to your inbox every month. And if you are curious to know

more about prioritizing and thriving as multi passionate, you've gotta subscribe and get that first issue delivered to your inbox. And then I'll send you a new one every 30 days until we get to the 10th issue. There's articles in there. There's some self processing worksheets that you can do. There's case studies from my clients inside of my program and so much more. Click the link in our show notes to subscribe to the Thrive Guide and have even more support, a longer journey to thrive thriving as a multi-passionate.

[00:11:03] All right. That's it. Remember to honor your priorities and your commitments accordingly, and I'll see you in our next episode.

[00:11:11] Thank you for tuning in to this episode of the multi-passionate mastery podcast. If you received anything valuable from this episode, send it to a friend. I know you've got some creative people in your life who needs to hear this. Thanks again, and I'll see you in the next episode.