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[00:00:15] And instead ask the question: what happens when you choose to be masterful over your multi-passionate experience?

[00:00:24] What happens when you embrace that?

[00:00:27] When you accept that part of yourself, and that becomes what you desire to have mastery over?

[00:00:33] I realized that I never actually gave that definition we've had two full seasons before this of the show and I've never actually quite given that definition. So let's kick off season three with being on the same page about that. That's what multi-passionate mastery is. That's what it means.

[00:00:51] And that is why that's the title of this podcast, because I want for you to feel like you are masterful at being multi-passionate and that you never have to compromise that.

[00:01:03] 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.

[00:01:39] Hello. And welcome back to the show. We are officially entering season three of the multi-passionate mastery podcast. And I could not be more excited to be with you today. Thank you to everyone who was listened to season one and season two, and is sticking with us. And if you are just finding the podcast.

[00:02:02] You're right on time. You are right on time and I'm so excited that you're here. Uh, first of all, I have a pretty big life update for you. By the time you're hearing this, I will have had a little baby boy. I recorded a lot of season two during my pregnancy. I chose not to mention it on the podcast because I knew that I would do this episode and have a big reveal. So as you're listening to this, I'm somewhere cuddled up with my newborn baby.

[00:02:31] And I'm recording this in advance so that the podcast can keep going and you can continue to be served. While I am on maternity leave, transitioning into motherhood. This is my first child and I'm loving it. Let's just say I'm loving it. Speaking into the future. Right now. So that's my first huge life update. I'm now a mother.

[00:02:53] And I'm so excited to share that with you and who knows how that will inform how I continue to share about the multi-passionate experience as. I'm sure. Being a mother is going to unlock. An entirely new part of my being my persona and a whole new set of passions.

[00:03:14] So that's my update. Now let's talk about what you can expect from this season. Season three of the multi-passionate mastery podcast. The first thing that I want to mention is. What multi-passionate mastery even means.

[00:03:31] Multi-passionate mastery. It is a concept. That challenges, the idea of becoming a specialist. So many people believe that the way to be successful is to be an expert in something to niche down as far as you possibly can, and to dedicate 10,000 hours to learning about one topic, for example, And so when we think about the word mastery we normally associated with that,

[00:03:59] We associated with expertise in a specific area. And we associated with being really, really good at maybe like one thing, right.

[00:04:08] So the idea and the concept of multi-passionate mastery, it's asking the question. What would it mean to let go of this concept of needing to be a specialist in order to be successful?

[00:04:23] And instead ask the question: what happens when you choose to be masterful over your multi-passionate experience?

[00:04:33] What happens when you embrace that?

[00:04:36] When you accept that part of yourself, and that becomes what you desire to have mastery over, instead of trying to be a specialist in trying to fit yourself in a box, you don't belong in?

[00:04:48] I realized that I never actually gave that definition we've had two full seasons before this of the show and I've never actually quite given that definition. So let's kick off season three with being on the same page about that. That's what multi-passionate mastery is. That's what it means.

[00:05:06] And that is why that's the title of this podcast, because I want for you to feel like you are masterful at being multi-passionate and that you never have to compromise that. And so that's what season three is going to be all about. We're going to have a mix of interviews and solo episodes. I'm going to be bringing you interviews from multi-passionate creatives across various industries.

[00:05:31] And you're going to get to hear from so many amazing people. I'm so excited for you. This is going to be mixed in with solo episodes, where I come and hang out with you, just me

and you. You know, I really love that as well. Because I want to make sure that I'm always giving you tangible tips and practical tools that you can take and apply to your life in order to start seeing results right away.

[00:05:57] Something that we're going to be changing in season three, is that we're going to be going back to a biweekly schedule. I tried out weekly and season two. And it was fun connecting with you so often, but I learned pretty quickly that biweekly is better for my workflow. So you can expect new episodes of the multi-passionate mastery podcast to air every other Wednesday.

[00:06:24] Every other Wednesday at 12:00 AM. The very top of Wednesday and whatever your time zone is, if you want to make sure that you never miss an episode because we're going to be going bi-weekly. So if you're thinking, oh no, I might forget to check in or. You know, I was used to hearing something new every week.

[00:06:41] I totally get it. And to make sure you don't miss an episode, all you need to do is subscribe. On the podcast, listening app of your choice. Or you can sign up for my email list and opt in for podcast updates. So I'll link to that down in the show notes and that way you get an email since your inbox, anytime there's a new episode, giving you a brief overview of what the episode's about and an invitation to listen.

[00:07:04] I also want to remind you that everything that I share on this podcast is specifically for multi-passionates and it means so, so much to me to be able to put this work out into the world because there were years where I wish I had some of these resources, where I wish I didn't feel so alone as a multi-passionate person. So to be able to share this work with you and to know that you don't have to do it alone is a huge deal.

[00:07:32] If you have any friends who are multi-passionate family members, who are multi-passionate colleagues who are, multi-passionate share this podcast with them, let them know, "Hey, there's a podcast that is just for us. It's by a multi-passionate for multi-passionates, you've got to check it out." I always appreciate when you share. I also appreciate everyone who's taken the time to listen and leave a review between season two and season three. You are so amazing.

[00:08:00] Yeah, I think that's it for this little intro episode, life update. I had a baby. I'm now a mother and we're going to keep going with season three.

[00:08:09] Get excited. It's going to be amazing. And I will see you back here in two weeks for our next episode, which is going to be an interview with one of my favorite podcast hosts, Natalie Miller, where we're going to talk about casting a spell for embracing your multi-passionate magic. So get ready for that i'll see you in a couple of weeks don't forget to sign up for podcasts updates via email down in the show notes if you want to make sure that you

never miss an episode or if it's easier for you you can subscribe on your podcast listening app of choice All right, i'll see you soon

[00:08:47] Bye