

How to Thrive With Too Many Interests



***Queste Blog
by Jana Lindberg***

My best English articles (so far)

www.jana-lindberg.de

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Mini Preface

Thank you for - by reading this - being part of my Queste!

We inspire each other with our thoughts and ideas with our books and blogs and comments, don't we? Living and learning and loving. And I think this is what we're here for.

Pleasant adventurous trip to you!

Yours in leading an inspirational life,

Jana



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“Too many interests”? You might be a Scanner, and that’s a wonderful thing!

Is it okay to have a great many interests?

I mean, aren’t it the specialists who stand out in a field that really impress us? That really seem like heroes to everyone? And they’d better be famous. Known artists. Athletes. Astronauts. Nobel Prize winners.

People who can’t do this have to think of themselves as losers, right?

Not anymore. Ever since Barbara Sher opened our eyes to “Scanners” in her book [Refuse To Choose](#) back in 2006, word has got around: **Having many interests is a good thing.** (Here’s a video of hers on the topic: [Are you a Scanner?](#))

Of course, the concept of a Renaissance person isn’t new (obviously), but Barbara was the first one to write about it in modern times in this distinct way, as far as I know.

There are different terms for this old phenomenon: polymath, Scanner, Renaissance person, multipotentialites, multipassionates, all-rounder, and more. And there are growing resources on the Internet.

Barbara Sher: Refuse to Choose! A Scanner Aha Moment

Personally, I found Barbara's book in 2009. **One big aha-moment!** It has changed my life, making me a much happier person. Why is that?

When I first read the book, I had a job in counselling that didn't totally satisfy me and was sometimes depressing. **I wanted to do more creative stuff**, I wanted to do more healing stuff, I wanted more time with friends and family.

So I made a huge plan I wanted to go through with to get rid of the job and get more fulfillment in life: Get qualification, and more qualification, get a degree, become a healing practitioner, build a practice that would support me. *And in the end have spare time to do more creative stuff.*

It would have taken me an incredible amount of time, energy and money. **Only to provide me with enough time to do my "own stuff" in the end.** But I didn't see that.

The Blessing of the Good Enough Job

It was Barbara Sher's concept of the **Good Enough Job** that made me realize I already *had* that kind of job. It was exactly the definition: Its only mistake was that it wasn't enough for me.

So I didn't need to take the long road! There was a short cut: **I could support myself with the job I already had and do more of my stuff *right now*.** I didn't need a dream job. I could do everything and be a happy Scanner.

I turned my job into a Good Enough Job and went on earning money with that certain part of my skills: helping people, being a trouble shooter.

And I immediately increased the amount of creativity in my life.

Since then I have been my own patron, setting myself free to do the healing stuff and the creative stuff and meet the people I love in my spare time.

As Barbara Sher calls the Good Enough Job: "**A subsidy to the arts**". Beautiful!

Writing this blog about Scanners, HSP and creativity has become one of my endeavors.

On being a happy Scanner

To be honest, I had *done* my stuff before. Of course I had. If you are a Scanner, you cannot be without several projects. I've always had a bunch of interests I followed.

It certainly helped that my family consisted of people with many interests.

And interestingly, in my personal life I'm surrounded by people just like me, which is very encouraging.

But I wasn't quite content with myself before I *understood* I was okay this way – and that I'd have plenty of time to **“use all of my interests, passions, and hobbies to create the life and career of my dreams”**, as Barbara Sher puts it in the subtitle of *Refuse to Choose*.



We need like-minded people

Because of all of this, I know it is important to have contact with like-minded people.

People who don't shake their heads when they hear about your many interests. But people who instead say: “O, I do that, too!” or “I want that, too!” or: “Great, do it!”, or “Tell me more about it!”

People with an interestingly long list of interests.

And there *are* more people like us. Let me show you just one example.

Scanner example:

Jade Herriman, artist, coach, and blogger

Such as Jade Herriman, Art therapy, coaching & creative play on <https://jadeherriman.com>. She's coaching and helping people by using creativity. She's a trained Barbara Sher Coach. And she's a Scanner, artist, and blogger.

Recently she wrote this lovely, lively blog post, interviewing Scanners about how they've learnt to feel about themselves: [Making a wonderful life as a scanner or renaissance soul](#).

Reading it, I felt so part of the tribe! Join the tribe, read the full article [here](#). And check out [Jade's website](#).

Tell me, do you find yourself in this colorful tribe of Scanners? What is it you love most about it? Leave a comment below and let us know.

Barbara Sher's Renaissance People on Facebook

If you want more Scanners around you, join Barbara Sher's facebook group [Scanners and Renaissance Souls](#) (facebook link). It's one of the loveliest places on the Internet.



The link to the original article on www.jana-lindberg.de:

<https://jana-lindberg.de/3-steps-to-follow-your-dreams-while-at-the-same-time-taking-care-of-your-balance>



3 Steps to Follow Your Dreams, While at the Same Time Taking Care of Your Balance (Yes, it's possible!)

How will I ever get everything done?! If you are a curious, creative, sensitive person, you know the problem. You have a life already too full to fit everything in. And you don't want to skip your projects and creativity.

Yes, you'd like to follow your dreams in a happy and smooth way. But instead, too often everything seems like a struggle.

Plus, especially for people who walk through this world with open eyes, there's a multitude of triggers that can add to our stress level. Injustice, violence, the whole package.

You know what I mean, don't you?

Sometimes we even get out of balance at some point in our lives, pursuing our dreams. Presenting us with a little not-asked-for-down-time, life might invite us to ask a second question: **How can I *thrive* while striving for my own goals?**

How can good health be part of the whole picture?

Self-care is key

It would be nice to at least gain a feeling of things being *roughly* okay – **a Good-Enough Area for Living**. So that our fight or flight response isn't triggered all the time, because if it is – how can we make our contribution?

We tend to think that taking care of ourselves is something egocentric (which means: not good for others).

Isn't that odd?

Being caught in a poisonous situation with nowhere near enough self-care doesn't make us more helpful for others, does it?

We need to thrive to do our thing. And we need to thrive to help others.

Encouraging each other to head for our dreams

I think we should encourage each other to pursue our dreams. In fact, it's not only me who thinks that's exactly what we should be doing. Ask Barbara Sher. Ask Seth Godin. Ask ...

- They might be creative dreams.
- It might be the hunger for learning, for certain interests that fascinate us.
- Or it might be the urge to make this world a better place.

Probably a mixture of these.

So, to encourage yourself on your path, take baby steps. I'll show you three of them here. Easy to do. Very efficient. (Hint: If you actually *do* the exercises. They're tiny.)

Here we go: Learn 3 simple steps, that strengthen your dreams and balance at the same time!

Self-care Step #1: Body

Coming home to your body

Taking care of your physical as well as emotional needs will give you the stability you need to unfold your potential and your personality.

Each little action counts!

This is how it's done: Feel your body.

Feel.

Now.

Close your eyes. Take a breath and listen to your body.

- What does your body want from you?
- What small step do you need for your wellbeing right now?

NOW is the moment. Take this small action.

When you come back – how do you feel?

More connected with yourself?

Do you know what your body needs from you?

Coming home to your body is an act of self-care.

Learn more about it with this talk by Thich Nhat Hanh:

[How Do I Love Myself?](#)

Self-care Step #2: Emotion

Finding emotional balance

Feelings won't ever go away. We don't like these immense Ups and Downs, especially not the Downs. Like panic, anger, depression (blocked feelings), pain, hurt feelings of all kinds.

And you're not asked to exactly *like* them. But we can learn to handle them.

Okay, they suck. But they are normal. We're all in this together.

This is how it's done: Just take three deep breaths.

Taking three deep breaths – the most basic exercise!

Do it. Right now:

Breathe and feel your feelings.

Yes, they're there. You can be there for them.

Three breaths.

Taking the time to embrace yourself, including your feelings, whatever they may be.

Now feel the calm.

You always have breath with you to do this exercise. All you have to do is think of it and use it, whenever you need it.

If you like, you can also do the whole [10-minute relaxation exercise on my Media site](http://www.jana-lindberg.de).

Now for the third little exercise.

Self-care Step #3: Creativity

Be serious about your talents. Have fun!

Balance is not only a wellness thing to me, not only about relaxation and balancing emotion. **Balance is also about being creative.** If you are a creative being, you *need* to do something – some tiny thing – creative to be yourself again.

Living your creativity is fun. And fun matters! You ought to use your talents. We've been taught it's selfish to foster our talent. But it's not!

The opposite is true: It's selfish *not to*.

And how do you know, what your talents are? It's the thing that give you the most fun. Here's what **Barbara Sher** always says in her videos and books, and I love this so much I'm going to quote her over and over again:

What you love is what you are gifted at. It's in your genes. You owe it to your species to make your contribution.

Barbara Sher

Here's a video (4 minutes) in which Barbara explains her [encouraging message](#).

You know you've hit target when something is fun to you.

This is how it's done: Treat yourself! Do something you love.

But – what if you don't have time?!

Well, who has? You must cheat by taking baby steps.

Think of something you love to do. Choose one thing that's available to you now.

I know, you don't have time. But – how long is it going to take? As much as **three minutes** for a drawing, a song or a dance.

Take this action. This tiny, little action. Now.

- Take a sheet of paper and do a quick drawing.
- If you are alone, put on a song and sing it or dance to the music.
- Or whatever it is you love.

A very small amount of time – three minutes – *is* available to you!

This is an act of love and self-care for creative people.

Done it?

See? You always have enough time for this!

By doing these three short exercises (body, emotion, creativity), you'll bring dreams and balance together in your life.

Do them repeatedly and watch things get better. You'll be connected to your breath, body, emotions, and creative hobbies. Life *can* be a smooth ride. Well, smoothier.

Okay, which is the most important word of this article?

“Now.”

Do a small step now.

And make it a habit to do so.



The link to the original article on www.jana-lindberg.de:

<https://jana-lindberg.de/3-steps-to-follow-your-dreams-while-at-the-same-time-taking-care-of-your-balance>



There is no final draft – Keep revising your life, says multipotentialite Felicia Ricci

Are you interested in the constantly changing careers of people with many interests (Scanners)? Do you love to learn about **people who don't have only one true calling** and who don't stick with one wonderful thing forever – because they just have to move on to the next wonderful thing? Then get to know about multipotentialite Felicia Ricci.

If you're a Scanner, the phenomenon of **changing careers may seem familiar to you**. Have you experienced that at all? You might find it inspiring to hear about this particular curriculum vitae.

Felicia Ricci received her English degree from Yale University, where she won the J. Edward Meeker Prize for nonfiction, the Saybrook Master's Award, and the Louis Sudler Prize for the arts.

Multipotentialite Felicia Ricci: actor, singer, songwriter, author, and singing teacher

Felicia **started a career on Broadway** as actor and singer in several musicals, including the difficult role of Elphaba in the musical Wicked. But instead of heading for a long term contract, she wrote a book (and a blog) about the experience and left the theater world to start something new.

“The experience of being in this mega musical was so bizarre to me, and I couldn’t believe that no one had written about it,” she said in a [Case Study with AWeber](#). “It was fulfilling and rewarding in a lot of ways, but it made me realize I didn’t want to do theater my whole life.”

This is the book: [Unnaturally Green: One girl’s journey along a yellow brick road less traveled](#)

Free singing videos

Next, Felicia used her singing experience to start her own business as a Voice Finder. Her YouTube channel has earned over 500,000 subscribers. I absolutely recommend watching her free YouTube videos. There are many, they are short, and they will help you sing better right away, each one of them. Give it a try: [Free singing tips on her website](#).

It’s also a vlog where Felicia talks about topics like Why Do Mean Online Comments Hurt So Much? and I Hate My Singing Voice, Help!

Singing programs

As a Voice Finder, Felicia created several singing programs, some are for free and some larger ones for purchase as

- The Lazy Singer’s Warmup
- Belt Your Face Off and
- Singing Transformation – 360° of Vocal Training.

After working with her free videos for quite a while I purchased the Belting Course and Singing Transformatione and I’m enthused because these are simply the best singing lessons I’ve had so far. Also it’s a very

holistic approach that includes both the physiological and the psychological side of singing.

Check out her [singing programs](#). The Lazy Singers' Warmup and Belt Your Face Off are still available, and Singing Transformation hopefully might be again at some point ...

Singer / Songwriter: “Write my own music”

Because after several years of teaching singing Felicia felt she had to develop her own singing and songwriting further which she is doing now.

On her website, Felicia explains she's now following her childhood dream of expressing her thoughts through songs and singing them. She needs to be her authentic true self.

Why does she do this? Change careers? Reinvent herself over and over again? Obviously because she has to. I'm guessing many of my readers can identify with that.

TEDx Talk: There is no final draft

Felicia even talked about changing careers in this TEDx Talk:

[How to Change Careers when You're Lost | Felicia Ricci | TEDxYale \(on YouTube\)](#)

This is the message: “Embrace the process of change – because developing your skills is an ongoing process of revision.”

1. If you're innovative, the odds will never be in your favor. So ignore the odds.
2. Embrace the fear, because revisions *are* scary. You can deal with them.
3. You can't decide by thinking, you can only decide by doing.

Fulfilling one dream after another

To me it seems that Felicia Ricci keeps **fulfilling one lifelong dream after another**, pursuing them in stages which means: Putting this one project into practice with all her energy (and great results).

And then after a few years there is a time of revision before she moves on to the next dream.

More than that: **Every step helps develop skills that are needed in the next step.** Understanding singing deeply through singing on Broadway helps in teaching singing. Understanding singing deeply through teaching singing helps in making and performing own songs.

I think this is a gorgeous Scanner approach! Barbara Sher would be so proud of her.

It sounds very much like a Serial Master or Serial Specialist as described in Barbara Sher's [Refuse to Choose](#). A person who specializes in a topic to move on when she's finished.

Or is it all about deepening different areas of one big interest, songs and singing?

No one knows what will become of this in the future, what the overall picture will look like. As Felicia said, you can only find out by doing. But it takes a lot of courage to go through these revisions.

So maybe this is what Felicia Ricci's example can inspire us all to do: **Summon up the courage and do it. Fulfill our dreams and reinvent ourselves again and again.**

What is your experience with changing careers?

Did you have to do it? Did you feel the urge to do it?

In what way did former experiences come in handy in your next stage?

Do people „get it“ or do you get funny annotations from your social environment?

Let me know in the comments below!

Jana



Thank you to Felicia Ricci who gave me this lovely picture with permission to use it for this article!

The link to the original article on www.jana-lindberg.de:

<https://jana-lindberg.de/felicia-ricci>



Exploring the Magic of Your Hero's Journey by Pat Edwards [Book Review]

I'm very happy to review Pat Edward's book [Exploring the Magic of Your Hero's Journey](#). It's been published about one year ago in the course of Barbara Sher's WriteSpeak 2017 we both participated in. Pat is a lovely fellow blogger and a friend on the journey of living and writing. I loved reading the book, reviewing it for our big Telesummit a year ago – and rereading it now.

The book helps me reflect on what my own Writing Journey is.

Because that's what the book is for: **Reflecting on your own path as part of something bigger, something meaningful.**

And did you know, that you can go on a Hero's Journey on purpose? That's what Pat tells us.

The Hero's Journey

As many know, it's the great American mythologist Joseph Campbell who showed how the same patterns of personal development are found throughout stories and fairy tales all over the world. Pat Edwards has worked with these well-known concepts and now breaks them down for us into **doable steps**.

Whatever the challenge may be that we are facing right now, Pat invites us to see them in the light of mythology. She says: "Maybe you are just curious what your life and adventures would look like if you thought of them as a Hero's Journey."

Instead of focusing on the trials and tribulations, we can feel there's **importance and purpose** in what we're doing and where we are going.

In 13 chapters, Pat Edwards covers all the Stages of the Hero's Journey, explaining them more clearly and simply than I thought possible. It feels more like a one to one **coaching session with the author** than merely reading a book. It's like going through a guide to self-coaching, using the general pattern of the Hero's Journey.

Reading Exploring the Magic of Your Hero's Journey is like having a Mentor

What I especially love about the book [Exploring the Magic of Your Hero's Journey](#) is that Pat speaks to the reader as a friendly, patient mentor who clearly knows what she's talking about, while at the same time being at eye level with the reader, which I very much appreciate.

Her writing is warmhearted and also fun to read. Like when she tells you to pull up your socks and adjust your glasses to be properly prepared for meeting a Guardian.

The author addresses me, the reader, personally, in a **conversational style** as if she's sitting next to me, offering her experience for me to apply it directly to my own life.

While the stages in life are not always a smooth ride, reading this book certainly is!

It's filled with direct questions, examples, quotes from other people's journeys; and it's full of lively stories which make it very interesting to read.

I found the exercises easy and interesting to do; after each exercise I knew more about myself and the point I'm at right now in a nice way. I just felt encouraged – "Yeah, I can do that!"

I see the book as a **traveler's guide** that makes this secret journey much more accessible to us. The Empowerment of the Hero's Journey!

If I should name three things the book gives to me, they're Clarity, Strength, and Encouragement.

So, to me the book is absolutely worth reading.

The Human Experience

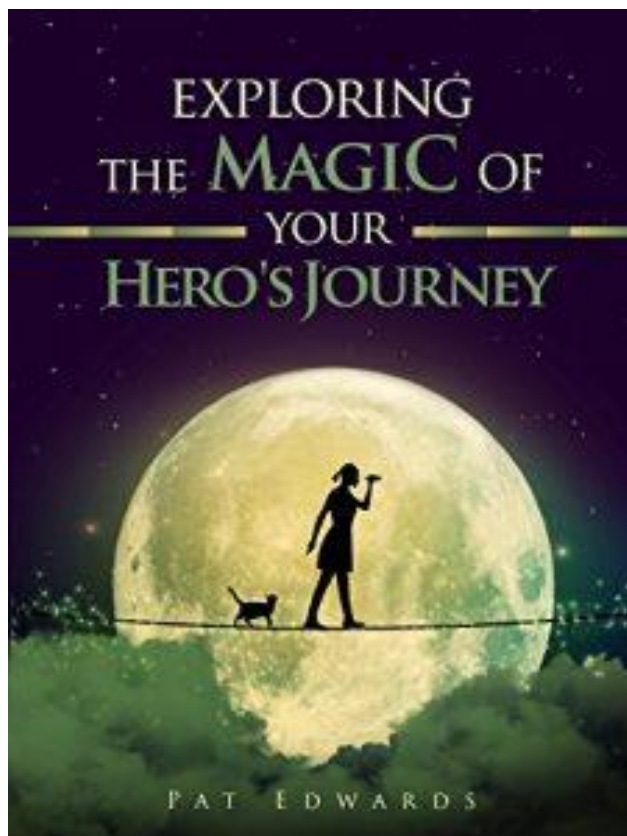
Let me close with a quote from the last page of her book:

I believe our human experience is perfectly aligned to the Hero's Journey.

We are meant to experience all of these stages in the course of simply living, and they give our lives more depth and greater meaning.

Higher highs and lower lows, yeah ... but worth it.

Definitely check out [Pat's webpage and blog](#) which is all about the small steps of your own Hero's Journey.



And here is the [link](#) to order the book on Amazon.

Yours in travelling on and on, no matter what

Jana



The link to the original article on www.jana-lindberg.de:

<https://jana-lindberg.de/exploring-the-magic-of-your-heros-journey-by-pat-edwards-book-review>



Learn from retirement study: Seed now what you want to reap later in your life

You got what you want in a life yet? If you had plenty of time, let's say if you were retired – which things come to mind that you'd do then? Research suggests that you would do *what you tend to do now*.

Today I read the new article by retirement specialist Dr. Patrice Jenkins on her blog [What will I do all day?](#) The organizational psychologist writes about what makes retirement a good experience.

In this article [The magnifying effect](#) the author, consultant and speaker writes: **“It’s nice to believe that once you retire you’ll suddenly have the motivation to exercise more, eat healthier meals, expand your social connections, and be more thoughtful of your spouse.**

...

“According to happiness research, all these factors contribute to a better quality of life. The problem is research also suggests if you’re not doing these things already, you’ll be less apt to do them in retirement.”

Read the full article [here](#), it’s very inspiring.

You got what you want in a life yet?

Let’s have a closer look at this: As long as we’re still at work, we don’t have time to do all the things we’d like to, right? We think we’re going to do them later. When we retire. But for some of us this is still a long way to go.

We can’t wait to do all of our own stuff until retirement!

And there suddenly comes this message that should wake us up to our own life: If we don’t do things before retirement, we might not do them later either?! Ouch.

Is this good news or bad news for you? Check this with a little test.

Self-test Health and Social Life

These are the points Dr. Jenkins mentions:

- Exercise
- Healthy meals
- Social Connections
- Good partnership

And this is the test: Please read these points carefully and take a little time for each item to **imagine how they are realized in your current life**.

...

And then ask yourself: If this Status Quo would be magnified, would that be a good thing for you?

If so, congratulations! Keep up the good work. It’s a good life.

If not, better get something done about it. **Get used to good habits concerning your health and social connections. It's for your own wellbeing – both now *and* in the future.**

Now, what *can* you do about it? Continue reading.

Creativity, Sensitivity and Mindfulness

From my blog's perspective, I need to add a few points:

- Creativity
- Sensitivity
- Mindfulness

As a reader of my Queste blog, I'm guessing these points concern you. They deserve time and space in your life. You feel better when they are implemented in your life and worse if they're not.

Are you ready for a second self-test? 3 questions

Just follow these thoughts and test what point you're at right now. It might help you to go in the right direction.

1. You are a **creative soul with many interests**. Do you “get to do” your stuff? Do you “have enough time” to write, paint, sing etc.? Or is the time cancelled again and again? If things went on in your retirement like the way they are now, would you be satisfied with them? What else is missing?
2. Maybe you are more **sensitive** than you want to be. (Believe me, you're not alone with this!) How do you cope with it? Do you respect your perceptions or are you still trying to force yourself to cross your healthy limits? (As many of us find ourselves to do.) Would it be beneficial to embrace your sensitivity even more? It's part of you and brings you important messages about your needs.

3. Do you often rush from one thing to another without taking the time to stop and breathe every now and then? Or have you already started to take steps towards a **good pace and mindfulness** in your life? Is there space for feeling, sensing, listening to yourself? Time for learning about your feelings and wishes? Time for quiet and stillness?

I'm sure there are no simple yes or no to these questions. Partly you do your stuff and take your needs into account and partly you don't, that's quite normal.

Just consider that taking steps in this direction helps you now *and* later in your life. **It's worth the effort. Because if you implement these good things now, you're much more likely to also do them when you have more time.**

And in case you are already retired, you can check how things were before and how they are now. Are there still open wishes? You can do it! You can get more of what you want in a life.

And how is it done? Keep reading, I'm making it more practical for you.

3 powerful tips how to install more of the good things in your life

Whether you are retired or you're still at work, these steps can help you get more of what you want in a life.

I said "Seed now what you want to reap later." **Seeds are very small.** No heroism needed. On the contrary, I suggest you make changes in a most inconspicuous way. Almost so that they are not noticeable at all. As easy and doable as possible.

So these are my three most important tips to install more of the good things:

1. Make the steps small.
2. Choose them the way that suits you best.
3. Do them on a regular basis.

#1 Make the steps small

What is a small step? **A small step is a doable step.** It might be very small, such as 5 minutes of playing the guitar after doing the dishes in the evening.

If you feel resistance, doubt or anxiety, choose an even smaller step. It might be minimal: ONE set of chords on the guitar. ONE minute of exercising on a daily basis. One minute of meditation. **Choose a time that seems too small to count.**

Taking your resistance into account and only doing minimal doses of action – as Barbara Sher recommends in her book [Live the life you love](#) – will take you far.

I once read that Suzanne Vega (being a famous professional musician) recommended to practice at least *twenty minutes a day* as a maintenance dose. That's not that much!

If you're not a pro, why shouldn't 5 or 10 minutes a day be enough?

#2 Choose steps the way that suits you best

You're unique.

Don't take over other people's plans or ideas as your own without adapting them to your needs. It could add unnecessary pressure.

After all, it's all about what *you* want in a life.

I'm just giving examples to make it more descriptive, not to suggest what is right for you, okay? You choose. Finding out what helps *you* is the whole point here. So:

Some things may be appropriate for you on a daily basis.

- Five minutes of playing an instrument or singing.
- Writing a few lines or doing a sketch.
- Dancing for 3 minutes to keep your juices flowing.
- Meditation.

- Relaxation exercise.
- Stretching.
- Whatever.

Some things may be good for daily practice at least for a while, like “drawing every day for one month”. One month like that can be fun and bring you a long way.

But don’t be mistaken (as I often tend to be) – we can’t do *everything* on a daily basis!

Other things may be possible once a week.

- Dance practice,
- painting,
- writing an article,
- continue writing the novel etc.
- Seeing people you love on weekends,
- meeting your success team,
- going out,
- taking a language or acting class,
- going to the theater.
- Or ...

Other things might be good to do monthly.

- Meeting your creative group or visiting certain people,
- doing a retreat day,
- cooking new dishes together,
- building something big,
- take a workshop ...

And if you are a Scanner, some things come in phases.

If you have particularly many interests, you may need to come up with different forms for them.

Sometimes we do things according to our inner drive. **Maybe it isn’t even up to you to choose the cycles that apply to you.** Maybe you do

something for a few weeks in a row just to drop them entirely and take up something different.

Don't feel bad about it. I'm like that, too. You can read all about it in Barbara Sher's [Refuse to Choose](#).

Come up with solutions that work for you. But even you may need some regularity in your schedule.

#3 Do the steps on a regular basis

What does "regular" mean? It means you do it **repeatedly**.

Maybe you do things at certain times of the day and connect them to an existing repeated activity. Like the guitar practice after doing the dishes in the evening I spoke of.

And ideally speaking, you convert it into a habit.

Again, you can't make a habit of everything you love – at least not of everything at the same time.

To move one thing forward, you might want to emphasize on it for two or four weeks. After this time it already has something of a habit in itself. Then it will be easy to go on doing it a few times a week.

And then you concentrate on the next thing.

Well, these were some ideas as for steps, doses, times, and phases. You may find different ones, and I'm interested to hear about them!

Check list

Now let's have a look at these qualities mentioned of a better life in Patricia Jenkins's article again:

1. Exercise
2. Healthy meals
3. Social Connections
4. Good partnership
5. Creativity
6. Sensitivity
7. Mindfulness

Which one especially appeals to you right now? And what would be a good *minute action* to take?

I suggest you start by **picking three** and describing a minute action and temporal goal for each of them. You make it so small that you can start right now! Like this:

- Going for a ten minutes walk twice a week
- Listening to a friend / my partner thoroughly once a week.
- Doing something creative (whatever it is) for five minutes a day.

No pressure. Just permissions.

Now you do it:

If that sounds too much right now – choose *one* thing! And one minimal action:

Every step counts

Congratulations! You're seeding now what you want to reap later in your life. You're a lucky person.

And don't underestimate all the smaller (and bigger) steps you've taken already.

Can you see that you can do this all the time? **You're going to grow a garden of wonderful flowers.**

That's about it.

But to make it even more doable, I want to add a bonus tip.

Bonus Tip: Change plans if necessary

Try to make the plan realistic. Like „daily“ meaning only „five out of seven days“. Low pressure.

But if it doesn't work out – don't beat yourself up. **Change the plan.**

Make the steps *even smaller*. Change the time of the day. Pick something else. Make it as easy for yourself as possible.

I hope that this article was in some way helpful to you. Does it make things easier for you? Is it motivating or is there some pressure hidden in it? Do habits work for you? What *does* help you do your own stuff, anyway?

Looking forward to hearing from you!

And check out [Patrice Jenkins' website](#) for more thoughts on successful, fulfilling career/retirement transition.

See you

Jana



The link to the original article on www.jana-lindberg.de:

<https://jana-lindberg.de/what-you-want-in-a-life>



Scanners, Renaissance People, Polymaths, Multipotentialites! There Is Hope: Polymath Is The New Normal

Hello there, Scanners and Renaissance People, Jacks of all Trades! You may still be struggling with your many fields of interests. But there is hope: Polymath is the new normal, writes author Michael Simmons. I think this is good news.

Permission to be a Scanner

Maybe you've already learned about your right to Refuse to Choose?

In her groundbreaking book, Barbara Sher suggests that we „**use all of our interests, passions, and hobbies to create life and career of our dreams**„. Not one or two of them, but all of them.

If you haven't read it already, check out her book [Refuse to Choose](#). It's full of useful information on organizing your particular multifacetedness.

(And maybe you want to visit Barbara Sher's facebook group [Scanners and Renaissance Souls](#), where people like us are hanging around.)

Now, let's assume you're aware of your „Scanner identity“ and you've learned a little about a life with many interests already. Does that solve all your Scanner problems?

Still struggling with your many interests?

Yes, you do know there are other people like you out there and that being multi-faceted is not a mistake. You've found ways to promote your own talents, and you've made progress.

But if you're like me, sometimes you are still **struggling with how to put everything into practice**. It's just so much you can't see how it can be done!

And maybe sometimes, you still feel like a fraud.

Wouldn't things be so much easier if only you were a specialist?!
Aren't there just too many different colors in your bouquet of flowers?

Atypical combinations of skills may build your future success

If you feel like this, this article by Michael Simmons may be for you: [People Who Have “Too Many Interests” Are More Likely To Be Successful According To Research](#).

The author states that **having too many interests means having the ability of „building atypical combinations of skills and knowledge across fields and then integrating them to create breakthrough ideas“**.

Doesn't that sound so much better?!

But what does polymath mean, exactly? How many skills do you combine then?

„I define a modern polymath is someone who becomes competent in at least three diverse domains and integrates them into a top 1-percent skill set.“

Well, why not grow up to be a Modern Polymath?

Just take a second to think about your own skills set. Drop thinking „weird“ and think „atypical combination“ instead. Which ones come to mind?

- ...
- ...
- ...
- ...

These may be your way to future success.

Nice way to put it, right?

Polymath advantages

Even better, Michael Simmons states 7 Polymath Advantages. To learn more, read Michael Simmons' [article](#).

These advantages – when put into practice – may prove themselves in the future, as the author says: **„Being a polymath will be the new normal, and polymaths who synthesize diverse skills to create breakthrough innovations and solve complex problems will have a huge impact.“**

High potential?

One thing I'm asking myself: Can I consider myself a „polymath“? It sounds very much like „high potential“. Like those very few people with very high skills who are going to survive in a tough business world.

But am I able to be high potential in a tough business world? Do I even want that?

Most Scanners I personally know don't have that tough-business-success-tendency at all! On the contrary, they tend to be value-driven. They love to follow their inclinations whatever it may cost them. Even if they disapprove of themselves for it.

So, maybe we should – as we always do – grab the part that suits us best.

Permission

Let yourself be encouraged to be everything you can be, to **build your personal odd skill set** and give yourself permission to draw your own unusual conclusions.

Be the best You you can be, with your exact specifications.

With all of your colors in your unique bouquet of flowers.

What do you think about it? Do you see yourself as a polymath? Scanner? Multipotentialite?

What does it mean to you personally?

Let me know in the comments below!

Jana





New to the Queste Blog?

Welcome to my logbook. I'm so glad you've come. It's about creativity, self-development, multipotentiality, sensitivity, balance, and mindfulness. And it's slightly bilingual.

The Queste – the creative journey of becoming ourselves

- It's about the inner and outer obstacles on the way to living your potential.
- It's about possibilities and dreams.
- About books and videos by wise, fascinating people.
- And about my own experiences.

The title is „Questo“ because this word is rooted in ancient times and especially sounds like meaning and adventure to me. They did it back then in the times of the fairy tales. Going on that Questo means you're doing it, too.

Blossoming to full potential

I'm sharing my creative explorations and all the stuff I keep bringing home from my Queste. It's all about blossoming to your full potential.

I hate the way that daily routine and stress often suppress our true potential.

Often it's the inner obstacles that get in our way the most. **If every part of ourselves heads in the same direction, circumstances on the outside can be changed for the better more easily.**

Getting back to who we really are – exploring – healing – flourishing is what this blog is all about.

Then we'll be able to share the precious gifts we have with each other as a part of the creative, healing, loving network we can be in – it's possible if we become aware of having that choice.

This is what you'll find in English

- There are some English blog articles. You'll find all of them by choosing „English“ as a category. Or scroll down for the list.
- Here are some media to download or listen to, as well as some of my [favourite resources](#) on the Internet.
- And there is an [About me](#).

Too many interests for one life? You might be a „Scanner“

I've always been interested in all sorts of things, and especially topics like creative expression of the self and a balanced, centered life.

Finding Barbara Sher's [Refuse To Choose](#) back in 2009 came as an eye-opener to me and let me know – as it did for so many “Scanners” – that having so many interests is a wonderful thing! If you haven't heard of it, please check her out. In case you have “too many interests”, too, it's going to be a revelation. Here's a video of hers on the topic: [Are you a Scanner?](#)

Not being able to live your full potential is something I find very painful, in myself and in others.

After spending two years in Barbara Sher's [Hanging Out program](#) and one year in her [WriteSpeak program](#) I just want to stay in touch and share what I found out on this journey. Read more about „Too many interests“ in this [Scanner article](#) of mine.

Do you feel too much? You might be a „Highly Sensitive Person“

About 15-20% of the population is more sensitive to impulses and sense impressions of all kinds. It affects every part of our lives.

A big Thank you to Elaine Aaron who brought this phenomenon to our awareness. Her book *The Highly Sensitive Person. How to Thrive When the World Overwhelms You* came out in 1996 and continues to bring revelation to overwhelmed people. To find out more, here is her [Website HSPerson](#) and this is the Wikipedia entry on [Elaine Aron](#).

Read more about it in this article in Psychology today: [24 Signs of a Highly Sensitive Person](#)

I'm writing about sensitivity, not only for HSP people – I think we all need a way to take care of our nervous system and each other more than ever. Everyone needs this ability. Maybe the HSP phenomenon can bring help to everybody in an overwhelming world.

Life is a journey of healing

What do I need to have in my life so that I can live every aspect of it to my full potential? What makes it so hard? I want to thrive and blossom. And I want others to do that, too.

Part of this path means facing the shadows of life – the sides of our personalities or souls that we'd rather not have at all. Feelings we reject. Thoughts we think badly of but can't get rid of, either.

Facing and embracing the shadows and our suffering means we deliberately go on our personal hero's journey. That's often the starting point to our journey. A journey of healing and achieving our potential.

That's what I'm blogging about.

Where do you think your stage of the journey is right now? Which thoughts come to mind?

Slightly bilingual

Personally I'm German with German and Swedish origins. I'm trying to do one English article a month. You can find them listed below in this article or by clicking the category English. My favorite [resources](#) on the web which often are English.

About me

Jana Lindberg M.A., Scanner, writer, artist, adventurer of the mind.

I'm especially interested in sharing this with creative people who struggle with difficulties from their past. I know it's possible to slowly transform these inner obstacles, to do some healing work and get the unique life you need to live your full potential.

I'm thriving on a model with a „good enough job“ (like Barbara Sher calls it in [Refuse To Choose](#)) as employed counsellor – using and pursuing all of my interests, passions, and hobbies in my sparetime. The life and career of my dreams.

I'm looking forward to your comments, questions, and emails. Please feel completely free to comment in English, I'm going to love it!

How to comment on this page

- You enter your text in the **Kommentar** (comment) field.
- You type a name (can be a nickname) and insert a valid email address (won't be seen to the public).
- You send the comment by clicking **Kommentar abschicken** (send comment).
- Now your comment awaits moderation by Admin.

See you soon



Jana