

# CHRIS'LL DEAL WITH IT

episode  
notes



## 1 - Pursuing Perceived Passions Past Passing Pleasures

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*How do you recognize passions within yourself and decide whether to pursue them or not? Conversely, how do you recognize when a passion or hobby has run its course and decide to change direction in your life?*

I broke this question down into 4 parts:

1. **How do you recognize passions within yourself?**
2. **How do you decide to pursue it or not?**
3. **How do you recognize when a passion or hobby has run its course?**
4. **How do you decide to change direction in your life?**

### 1. How do you recognize passions within yourself?

- Passions evolve from ideas
- We're often flooded with ideas, which carry so much potential energy.

- Sometimes ideas can languish for months, even years, until they become a passion.
- The shift of an idea to passion is often triggered by catalysts.
  - A catalyst for ideas can be a book, a developed skill, an interaction, a podcast, an opportunity, an event, etc...
  - More often, it's a combination of catalysts that launch an idea into a passion.
  - Catalysts are rarely foreseen: The more diverse your experiences, the more interesting & complex ideas you're able to conjure.
- **My Advice: Develop an idea capture system:**
  - An idea capture system lets you capture, catalog, and revisit ideas on a regular basis.
  - You can take notes, expand & evolve them, and make them more likely to be catalyzed.
  - This lets ideas linger outside of your conscious mind, since you're not worried they'll get lost & forgotten.
  - An idea capture system can be as simple as a small pen & notepad you always carry with you
  - Or you can utilize some of the great digital note-taking tools to power your system.
  - Digital tools offer up lots of advantages:
    1. They enable structure: Such as searching, linking, and folders
    2. You can easily incorporate inspiration such as screenshots of handwritten notes, photos, links, YouTube videos, etc...
    3. They typically have great mobile and desktop apps, allowing you to always have your notes handy wherever you are
    4. They allow you to codify and explore your ideas across the various domains of your life: Job, Family, Personal Development, Creative Projects, etc...
    5. Many platforms include collaborative aspects, allowing you to share individual cards or pages to get feedback, brainstorm with partners, etc...

6. Allows editing & refinement of ideas, and when they turn into a passion can often serve as the backbone for managing and executing your projects.

○ **Idea Capture Tool Recommendations:**

- Pen & Paper
- [Trello.com](https://trello.com)
- [Notion.so](https://notion.so)
- [Airtable.com](https://airtable.com)
- [Evernote.com](https://evernote.com)
- Microsoft [OneNote.com](https://onenote.com)
- Microsoft [Planner](https://planner.microsoft.com)
- [Scrapple](https://scrapple.com)
- Google [Keep](https://keep.google.com)
- [Asana.com](https://asana.com)
- [Basecamp.com](https://basecamp.com)
- [Monday.com](https://monday.com)
- Wunderlist (App Stores)

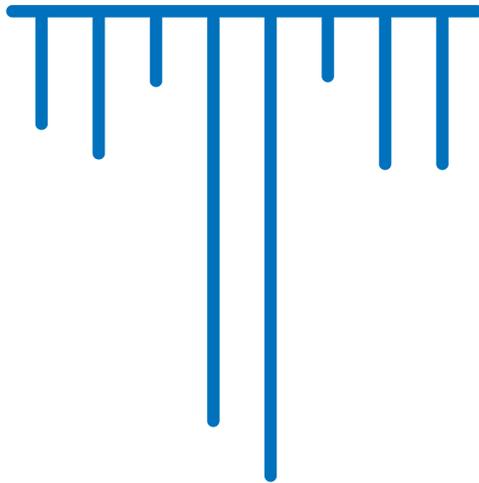
## 2. How do you decide to pursue it or not?

- Living in a world of ideas can fracture your focus
  - Is it better to do a few things really well or many things poorly?
  - Flittering around with new ideas is lots of fun, but can prevent you from delving deep.
- It's best to be patient with ideas. Let them simmer for a while:
  - Does the idea act like a virus, building up its case over time?
  - Or does it wither when confronted with newer, stronger ideas?
- For me, an idea starts entering passion territory when it crosses a few thresholds:
  - I can't stop thinking about them.

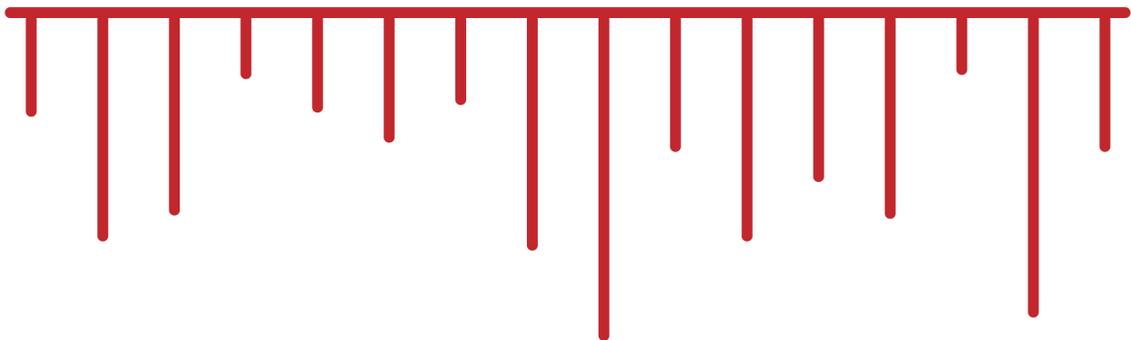
- They get a sort of full-body, “I must to do this” energy
- The passion has to fit my lifestyle
- Often a new passion means giving the boot to a previous passion, or at least putting it on the back burner

### 3. How do you recognize when a passion or hobby has run its course?

- Hitting plateaus, getting frustrated, or running from critics: If these become the reasons you abandon ideas - you risk reinforcing poor internal or cultural narratives.
- Exploring ideas is a great way to learn new skills and explore a subject - This means they can be a means to an end, and you're never forced to turn every passion into a life-long pursuit.
- Broadening your skill set allows you to, over time, combine knowledge and skills from different domains - This means you'll develop unique abilities that can be incredibly valuable to society.
- So, be open to the idea of constant evolution: Breakthroughs are often made by outsiders, who bring mindsets and skills from other domains and apply them to problems that stymie entrenched experts and organizations.
- I love to frame this skill development using the concept of the T-graph:
  - X-axis captures the breadth of your skills. The more things you know about or skills you have, the wider the top of your T
  - Y-axis captures the depth of each knowledge & skill along your X-axis
  - Is your T-graph narrow at the top but very tall? You're likely a subject matter expert in a particular niche



- Or is your T-graph really wide, but full of short verticals? You're likely a strong connector, able to connect and translate across domains



- The shorter your verticals the less you'll be able to fully understand or solve a particular problem - meaning you have to lean harder on subject matter experts or external tools.
- Are there elements of your T-graph that you desire to be taller or wider?

#### 4. How do you decide to change direction in your life?

- You never know where, what, or who following a path might lead to
- Exploring ideas increases the diversity of opinion, experiences, and mental models you can draw upon for your current or future projects
- A mindset of constant learning helps ground you with humility as you try things.
  - Here I'll paraphrase the words of Greg McKeown: "*Having the courage to be rubbish*"

- Or you can use a mindset common in the martial arts: “*Empty your cup*” - Enter the dojo always fully open to learning and growth.
- Exploring passions also increases your willingness to take risks by saying “yes”
- So how do you decide to change direction?
  - When the passion fades, don't view it as a failure: Look back on the benefits gained, skills developed, friendships made.
  - Capture the results of your effort: Whether it be products, intellectual property, artwork, or even hire other people to run the business you created and capture residual income while you pursue other passions.
  - You never know if more catalysts will occur in the future, that reignite the flame of past passions or provide the inspiration or opportunity to utilize past work or ideas for future projects.
  - **Give yourself the permission to change.** Avoid the trap of feeling committed because you've spent time, energy & resources on a passion.
  - Lastly, give yourself the proper time & environment to consider the change.
    - Reflect on what got you into it in the first place: Was it fun because of where you were in your life? What was going on at the time?
    - Did it cease to become fun because of something external - like turning it into a business, spending too much time marketing instead of creating, or gaining some fame (and therefore criticism) of your work?
    - Reframing a passion/hobby back to what makes it fun might be the better path than abandoning it entirely.

## Episode 1 Quotes:

*Hell Yeah Or No* by Derek Sivers

*“People often ask me what they can do to be more successful. I say disconnect. Even if just for a few hours. Unplug. Turn off your phone and Wi-Fi. Focus. Write. Practice. Create. That’s what’s rare and valuable these days.”*

| *“You grow by doing what excites you and what scares you.”*