

# The Successful Dilettante

from Susan Henderson

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## Greetings/News

A warm welcome to all you intrepid *creative multipreneurs*. If you are looking for articles, tools, resources and book referrals to assist you on your journey in designing a life that encompasses your many passions and interests, you are in the right place.

In the last issue, I told you about a new movie to be released January 11<sup>th</sup> titled *The Bucket List*, starring Jack Nicholson and Morgan Freeman. I have since seen the movie and I enjoyed it greatly. Yes, it is bittersweet because these guys are dying of cancer, but it is also comical as they go about fulfilling the items on their list of what they want to accomplish before they "kick the bucket." The biggest takeaway: Don't wait, or waste, another minute! Make that list, clarify what is important to you, and start living a more fulfilling life.

Last time we covered the importance of getting these wishes and dreams out of your head and down on paper. Today's article is about capturing all those fresh incoming ideas that continually show up as you go about your daily life. We will also talk about organizing your life goals in a way to start putting them into action.

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## Featured Article: Collection Box for the Brain

Creating a life goals list is a continuing process. It is ever changing, morphing and growing as we check off items we have accomplished and add more as we change, morph and grow from those experiences. Ideas and flashes of insight and inspiration can hit you anywhere, at any time—an overheard snippet of conversation, watching children play or dogs interacting

at an off-leash park, alone in nature or in the middle of a crowded concert hall, in your dreams or in the shower.

### **Capturing the Idea**

If you don't have a system to collect these nuggets, some may be lost forever. I suggest carrying a small notebook, memo pad or a few 3" X 5" cards with you at all times to capture those great ideas before they slip away. Whether it is a big "aha" or a reminder to pick up the laundry from the dry cleaners, write it down. For ease of sorting and putting these ideas or suggestions into action later on, I recommend writing one per page or card.

As for capturing those dreams, keep pen and writing material on your bedside table. And if you can't wait until you are out of the shower to jot down your thoughts, there are waterproof boards and pens you can buy and hang in the shower. Really.

As Henriette Anne Klauser shares in her book *Write It Down, Make It Happen*, having a place to record your musings, and keeping it nearby with a pen, sends a signal to your brain that you are ready for its input. She writes: "Carrying a little book with you honors the ideas that come to you, and when you do that, the part of your brain that comes up with these suggestions will be so thrilled to get a little attention and respect that it will send you even more. You will become a hotbed of lively suggestions sparking your imagination continually."

### **Organizing for Action**

Now that you have dumped all your life goals out of your head and onto paper, transferred these goals to 3x5 cards, plus set up a system of capturing new ideas to add to your life goals list or ideas on how to execute items already on your list, you will want a simple way to start moving these into action.

In the last issue, I gave some suggestions for categorizing your goals as you transferred them to your cards, such as using different colored cards or pens for sorting out different goal categories like business, family, spiritual, health, learning/education, travel, and so on.

As you write each goal on its card ask yourself why you want it and how would you feel if you accomplished it. Question your motivation. You want to spend your time and resources on those desired goals that come from within you and not from outside of you.

As you are sorting through these cards, pull out those you want to accomplish in this next year's time as well as those big dream projects that will take longer, but can be broken down into stages that can be accomplished this year. For now, put the rest in a manila file, folder or file box marked "someday." Don't worry. They will be there waiting for you.

Next up is to prioritize those goals you are going to accomplish this year. You will probably want to separate them into categories first. What do you want most and/or soonest? Flip that card over and so on through the cards. Also take a look at your big long-term goals and determine what part or stage you can accomplish in this next year.

The simple act of writing your goals down is a declaration of your intent to experience, have, do, be, visit, or learn what you most desire in life. By declaring your intent, you are raising your level of awareness of the opportunities that are there for you.

**In the next issue**, I'll share with you some ideas on organizing, housing and scheduling these goal plans.

Warmly,

Susan

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## **Offerings from Susan Henderson Coaching**

### **Coaching**

I currently have openings for three one-on-one clients. If you would like to learn more about if and how Susan Henderson Coaching can help you achieve your desired goals, please contact me to set up a time to talk. This conversation is complimentary so I can learn more about you, your current situation and goals. And you can learn about me, how I work with clients, and the coaching process. If we both feel the coaching relationship is a good fit, we will move on from there.

### **Mastermind Book and Groups**

The DIY Mastermind Group: Insider Secrets to Creating a Successful Mastermind Group of Your Own ebook is now available on my website. But that's not all. With the purchase of this book, I am offering you a free 30-minute private brainstorming session. [Click here](#) to find out more.

It's a great time to get involved with a mastermind group to help you make 2008 your best year ever. If you don't have the time to set up your own group, consider my Power of Five Facilitated Mastermind service.

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