

# The Successful Dilettante

from Susan Henderson

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## Greetings/News

A wild and woolly welcome to all you amazing *Creative Multipreneurs*. If you are looking for articles, tools, resources and book referrals to assist you on your journey in redesigning a life that encompasses your many passions and interests, *and you don't want to pawn the family silver to do so*, you are in the right place.

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## Featured Article: Spring Clean Your Life

As the days lengthen and become warmer, a lot of us acquire newfound energy to shake ourselves out of the winter doldrums, lethargy and hibernation. The hopeful are planting colorful primroses while crocus bulbs planted last fall are poking their flower heads up to take a peek around.

Some of us just naturally feel the urge to clean our nests at this time. Possibly it was a family ritual in your childhood to open your home to fresh air and sunshine, polishing up the windows and clearing out the winter's accumulation of dust bunnies and clutter.

While this time of high energy, high hopes and spring renewal is a great time to clean up your homes, yards, and messy cars, it is also a good time to extend this clean-up process to all areas of your life. Putting up with, or *tolerating*, the messy areas is a huge drain on your energy and a noisy distraction from fully enjoying the good things happening in your life—which can result in missed opportunities. It's like driving while looking in the rearview mirror.

First identify all that you have been tolerating in your life. Don't just think about it; make a list. Start with the obvious physical environment—home, car, garage, yard/garden, equipment, and office. Take a tablet and pen and walk around these spaces. Take a close look at your work, job, or business relationships and systems. Write down what you are tolerating about your spouse, partner, friends and children's behaviors and habits. Don't forget your own behaviors and habits. Everything. Big and small. If it annoys you, trips you up or nags at you, write it down.

Study your list carefully, and this may sound odd, but note the benefits of having and maintaining these tolerations. List at least one benefit to holding on to each toleration and then list the costs of keeping that toleration in place. What damage does it cause you? Is it worth it?

Now select the costliest toleration on your list and completely eliminate it. If you have to work up to the biggest one, choose ten smaller tolerations and wipe them out first. You will be amazed at the energy you gain by plugging up these leaks. Like the "little engine that could," you will pick up steam as you get up and over those first big hills.

For example, a great big toleration for me was attached to my identity as a fiber artist and weaver. I immersed myself in the whole sheep-to-shawl thing for 4-5 years investing a great deal of money into equipment, fiber and education and I loved it. Like most creative multipreneurs, I totally soaked it all up until I reached my saturation point and was ready for a new challenge.

But because I was so invested in this identity, I held on to all this stuff hauling it with me as my gypsy soul moved me hither and yon. It finally dawned on me one spring day about five years ago that I had not threaded up that loom for ten years! Also around this time, I read an early manuscript of *The Renaissance Soul* by Margaret Lobenstine and recognized myself in those pages. I was getting ready to move again. It was time to be complete with this toleration. I posted a flyer on the bulletin board at the local weaving shop and sold it all to someone new to weaving. It then freed up so much energy for new shifts to happen in my life.

Just keep in mind that when dealing with *other* people you can't necessarily change them, but you can tell them that you are changing and you will not be tolerating some things you may have put up with in the past. Be very clear what boundaries you have put in place. No need to go on the attack. Be kind, but firm. You may want to invite them to join you in becoming toleration free. It is an attractive and authentic way to live your life.

Hugs,

Susan

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## Recommended Resource

**Copyblogger.com** is a hugely popular blog started by Brian Clark and is great resource for anyone who wants or needs to write good copy.

Today they announced the launch of their Writing Job Board for people looking to hire writers and for freelance writers looking for jobs. Check it out at: <http://www.copyblogger.com/writing-jobs/>

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## What Can Susan Henderson Coaching Do For You?

### Put Me In Coach... I'm Ready to Play!

I currently have openings for a couple of one-on-one clients who are ready to play a bigger game. If results are important to you, I invite you to contact me. We can chat awhile to learn if I am the right coach for you and you are the right client for me.

### 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.

If you don't have the time to set up your own group, consider my **Power of Five Facilitated Mastermind service**. A great team of dynamic entrepreneurs just got started in February and if you hurry you may get into the March group forming right now as we speak. Contact me for further info.

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