

QUIZ: Are You a Renaissance Soul?

Answer the following questions with your first, from-the-gut response:

1. Are you capable of becoming passionately excited about a wide variety of subjects?

Yes ☐ No ☐

2. Do you have a hard time choosing between one interest and another?

Yes ☐ No ☐

3. Do you find yourself interrupting yourself, dropping one task to pick up another before it's done?

Yes ☐ No ☐

4. When you really understand how something works, or master a new activity, do you feel bored and ready to try something new?

Yes ☐ No ☐

5. When you were a child, did you have many answers to the question "What do you want to be when you grow up?"

Yes ☐ No ☐

6. Do friends and coworkers seek out your opinion on a variety of topics (even outside your field) because they

like the way you see connections between apparently unrelated subjects?

Yes ☐ No ☐

7. When you come up with an idea, do you prefer to delegate or hire out the tasks of turning that idea into a reality?

Yes ☐ No ☐

8. Do you ever describe yourself as a “dabbler” or a “dilettante”?

Yes ☐ No ☐

9. Are bookstores and libraries like candy stores to you, places where wonderful and intriguing items are on display at every turn?

Yes ☐ No ☐

10. Do you find it almost impossible to answer the question “What do you picture yourself doing in five years?”

Yes ☐ No ☐

11. Do friends suggest that you become a contestant on game shows because you know “something about everything”?

Yes ☐ No ☐

12. Do people say that they enjoy talking to you because of your enthusiasm for their plans and activities?

Yes ☐ No ☐

13. Are you skeptical of traditional time-management and business tools, such as long-range plans or detailed schedules?

Yes ☐ No ☐

14. If you went to college, did you look for interdisciplinary or multiple majors?

Yes ☐ No ☐

15. If you specialized in a particular subject in school, did you move into a new field after your education was complete?

Yes ☐ No ☐

16. Are you competent—even highly successful—at your job but feel there's something else you'd rather be doing, even if you're not sure what?

Yes ☐ No ☐

17. After a year or two of doing something, do you feel the itch to move on to something else?

Yes ☐ No ☐

18. Do family members offer this kind of advice: "You ought to settle down and get known in one field, rather than switching from one career to another"?

Yes ☐ No ☐

19. When friends or family members describe you to others, do they often say, "Oh, _____ just hasn't settled down yet. _____ is always trying something different. I wish _____ would just figure out something s/he's interested in and *stick to it!*"

Yes ☐ No ☐

20. Do you distrust your own decision-making ability because you "definitely knew" you wanted to be an X , and then you "definitely knew" you wanted to be a Y , and

then you “definitely knew” you wanted to be a Z, and then . . .

Yes ☐ No ☐

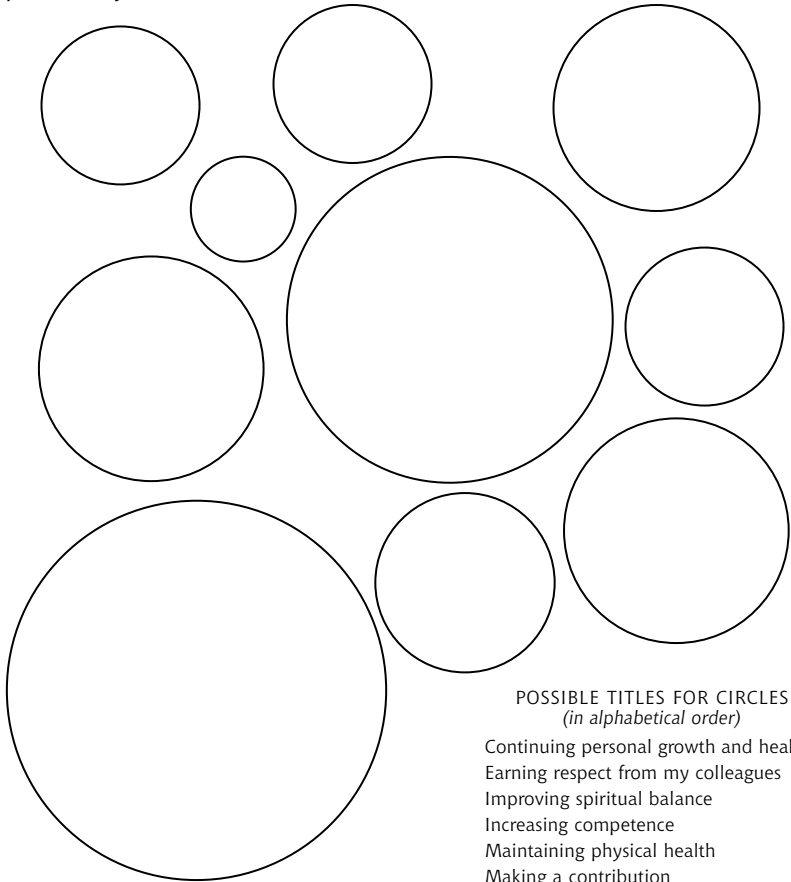
If you checked yes for nine or more of these questions, you can proudly identify yourself as a Renaissance Soul. In fact, given that no short quiz can be perfectly accurate, if you answered yes to even three or four of these questions, but felt very strongly about those answers, you too may well learn more about yourself within these pages.

GIVE ME TIME!

- A. Quickly jot down the age to which you expect to live. _____
- B. Write down your present age. _____
- C. Subtract the answer on line B from your answer on line A. _____
- D. Now write your present age again. _____
- E. Subtract the answer on line C from the answer on line D. _____

MANY CIRCLES

Look at the list at the lower right. Pick any of the titles that interest you. Match circle titles with the circle sizes as you think appropriate. The more important the title is, the larger the circle you assign to it. You can use as many of the titles as you wish, and can replace any with one(s) more important to you.



POSSIBLE TITLES FOR CIRCLES (in alphabetical order)

Continuing personal growth and healing
Earning respect from my colleagues
Improving spiritual balance
Increasing competence
Maintaining physical health
Making a contribution
Moving my business to a new level
Opening communication
Securing finances
Sustaining interpersonal relationships

CREATING YOUR FIRST FOCAL POINT SAMPLER

You can use the five blank squares (there's an extra square in case you want to pursue more than four Focal Points at once) below for jotting down ideas in very erasable pencil, or you may want to use Post-it notes that you can pull off and replace at will. That way you'll know these particular choices aren't cast in stone!

The image displays five identical, empty square boxes arranged in a cross-like pattern. There are two squares in the top row, one square in the middle row, and two squares in the bottom row. These squares are intended for users to write down ideas for focal points in a sampler.

TRANSLATING YOUR SKILLS INTO A NEW POSITION

Picture the position you want in your new area of interest and describe it:

Imagine that you are the person in charge of hiring for this position. What abilities, skills, and personality traits would you want your ideal employee to have? Fill in your answers below. (If you aren't sure, do some research and return to this exercise.)

SKILLS

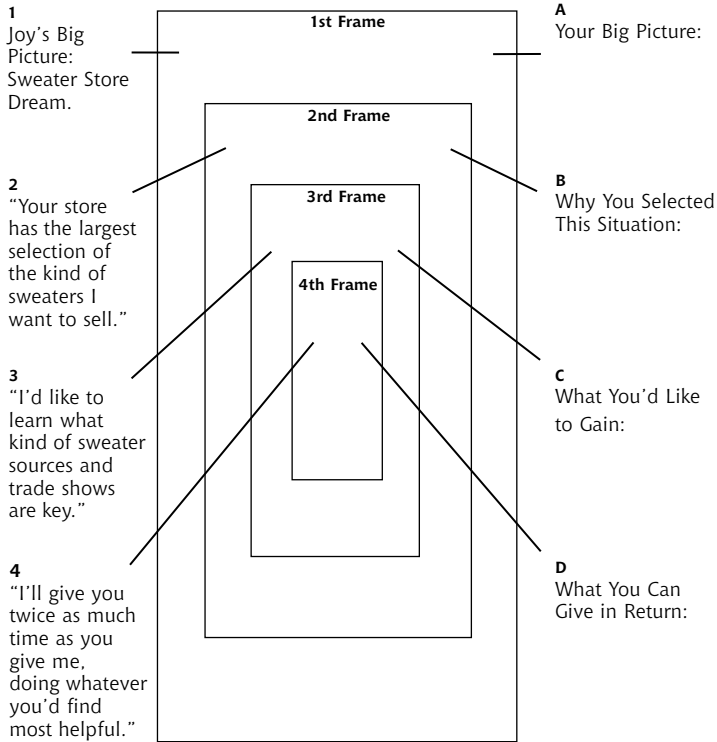
ABILITIES

PERSONALITY TRAITS

Now list the positions you've held in the world of work, both paid and unpaid.

Four Frames

Applying the Example of Joy's Sweater Store in Text



Here's a set of intentions from Adele, who wanted to open a part-time, nonprofit tax counseling service.

I intend to be *understanding* enough *in the way I respond to people's ignorance and lack of disciplined money management* to get what I want from this Focal Point.

I intend to be *studious* enough *in the way I learn everything I need to learn about running a nonprofit* to get what I want from this Focal Point.

Now it's your turn to fill in the blanks:

I intend to be _____ enough in *the way I*

to get what I want from this Focal Point.

I intend to be _____ enough in *the way I*

to get what I want from this Focal Point.

FOCAL POINTS WORKSHEET

Activities for the Week of _____

FOCAL POINT 1

- 1
- 2
- 3
- 4

FOCAL POINT 2

- 1
- 2
- 3
- 4

FOCAL POINT 3

- 1
- 2
- 3
- 4

FOCAL POINT 4

- 1
- 2
- 3
- 4

YOUR M AND M WORKSHEET

Use a pencil so you can adjust your numbers as needed.

First, name each of your Focal Points and estimate how much time would be both meaningful and manageable for each.

Focal Point 1 _____ Hours/Week: ____
Focal Point 2 _____ Hours/Week: ____
Focal Point 3 _____ Hours/Week: ____
Focal Point 4 _____ Hours/Week: ____
Focal Point 5 _____ Hours/Week: ____

Total M and M Hours/Week: _____

Next, fill in the blanks below, subtracting where indicated.

Total Number of Hours in a Week: **168**

Hours of sleep required per week: — ____

Remaining Hours _____

Hours required by current paying
job, including commute: — ____

Remaining Hours _____

Total Number of M and M hours as
currently estimated: — ____

Total Remaining Hours _____

Now, evaluate the number of hours you have remaining in each week. Does it leave too much or too little time to complete all the nonwork, non-Focal Point activities in your life? If so, revisit the first step and refigure your Focal Point numbers until you find a winning balance.

MIRROR, MIRROR

Think of several people you have resisted helping (a boss, a committee chair, a relative):

1

2

3

1. What contributed to making it difficult?
 - A. The way they asked?
 - i. Never
 - ii. Indirectly
 - iii. In a whining tone
 - iv. Too often
 - v. Assuming the only answer was yes
 - B. The way they described the task?
 - i. Too vague
 - ii. Too much detail
 - iii. Without any context
 - iv. Without any inspiring motivation
 - v. With directions that were impossible to follow
 - C. Their expectations?
 - i. Standards too high
 - ii. Time frame unrealistic
 - iii. As if the only right way is *their* way
 - D. Their assumptions?
 - i. That you know more about something than you do
 - ii. That you know less about something than you do
 - iii. That you work for free
 - iv. That you charge
 - v. That you had nothing else planned for this time

E. Their feedback?

i. None

ii. Only negative

2. Jot down what this “mirror” suggests about how you would want to involve others in helping you move forward with your Renaissance Soul Focal Points:

BEING PERFECT ABOUT PERFECTION

Janet has the following tasks to perform:

1. Make supper for her toddlers before she and her partner go out
2. Write the cover letter for her grant proposal
3. Rake the last leaves away from the back corner of the yard
4. Check the math on her income tax return
5. Network by sending back her high school reunion form asking about her current work
6. Plan her outfit for a regional conference

SCENARIO ONE

Janet is an imperfect perfectionist. She expects to do each of the above as if her life depended on it. Consequently, she feels frantic, overwhelmed, and irritable. During the course of her day she mails the high school survey without a stamp, overlooks the fact that one of the shoes that go with her outfit has a broken heel, doesn't push the defrost button on the microwave, leaves the grant proposal address at work, and forgets to bring the rake in from the backyard. . . .

SCENARIO TWO

Janet knows how to do perfectionism perfectly! Help her plan her work by sorting her tasks by number into their perfect categories:

25 percent perfection needed: _____

50 percent perfection needed: _____

75 percent perfection needed: _____

100 percent perfection needed: _____

What difference do you think being perfectly perfect will make to how Janet feels and functions in this scenario? Now list six tasks that you currently face and create a Scenario Two for yourself:

YOUR TASK

1

2

3

4

5

6

DEGREE OF PERFECTION NEEDED