



CLARITY

*Step Seven:
Cultivate Hobbies*

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“Legendary innovators like Franklin, Snow, and Darwin all possess some common intellectual qualities—a certain quickness of mind, unbounded curiosity—but they also share one other defining attribute. They have a lot of hobbies.”

— Steven Johnson

Step 7: Cultivate Hobbies

You need hobbies.

If you're anything like me, you might have a tendency to get a little obsessed with whatever it is you're passionate about or working on.

Passion is good. And maybe you have to be a little obsessed to follow your calling.

But too obsessed leads to focusing all your attention on that one thing. Too obsessed means not making time to fill up your cup with other things. It often alienates the people you love, and you need them to stay emotionally stable while you're doing this important work.

So...have hobbies. Have hobbies that have absolutely nothing to do with your calling.

If your calling is homeschooling your kids, find one night a month when you go out and spend time with your girlfriends.

If your calling is teaching yoga, try taking a baking class or learning how to fix cars.

Get out of your comfort zone and do something different. Don't make your whole life about this one thing or you'll find that when this calling is complete, you won't have a life to go back to.

Your Practice: Try Something New

Pick one thing you've always wanted to try and commit to doing it this month. Let this be something you can be bad at. Let it be something you can try and quit if it turns out it's not your thing. Have fun with it. But commit to trying it this month.

Note: I know...this feels like a small step and it's definitely a short workbook! But it's so important that despite its short length I decided it deserved to be its own step.

You'll be tempted to skip this one because you won't think it's important.

It is important. Don't skip it!