

Dreams, Goals, and Your Career

As discussed in the video, special interests/hyperfixations are long-term intense interests. We tend to hyperfocus on them and learn as much as possible while they're on our radar. As a result, we can become extremely knowledgeable about some pretty wide-ranging topics. This can help or hinder our careers. The following questions are designed to help you figure out how to harness your special interests/hyperfixations so they help your career.

1. What are your current special interests/hyperfixations?

2. What are some past special interests/hyperfixations?

3. Do you cycle between special interests/hyperfixations, or do you drop them as soon as something else catches your attention?

4. Are you an expert on any of your current or past special interests/hyperfixations?

5. Is there a common thread running through your special interests/hyperfixations? What is it?

6. What are your skills and abilities—what are you good at?

7. Is there some way you might be able to combine repeated special interests/hyperfixations (or the common thread running through them all) and your particular skills and abilities?

Share your results with us on social media and we can discuss your options. If you're having trouble figuring out a way to combine things for a career, this can be extremely helpful!