

Module 6

Boundaries



Exercise / Module 6 / Boundaries

“I have no use for a theoretic freedom. Let me have something finite, definite ... And yet which of us has ever heard talk of art as other than a realm of freedom? This sort of heresy is uniformly widespread because it is imagined that art is outside the bounds of ordinary activity. Well, in art as in everything else, one can build only upon a resisting foundation: whatever constantly gives way to pressure, constantly renders movement impossible. **My freedom thus consists in my moving about within the narrow frame that I have assigned myself for each one of my undertakings.** I shall go even further: my freedom will be so much the greater and more meaningful the more narrowly I limit my field of action and the more I surround myself with obstacles. Whatever diminishes constraint, diminishes strength. The more constraints one imposes, the more one frees one’s self of the chains that shackle the spirit.”

– Igor Stravinsky, *Poetics of Music in the Form of Six Lessons*

For the sake of our course we have identified three categories of Boundaries to understand, explore, and establish: Creative, Personal and Professional. All of these categories of boundaries need to be implemented for maximum benefit to you as an artist.

Creative:

Our creative boundaries help us to focus and put our energy into what matters most. We need to choose the best work to do, not merely good work to do. Our creative boundaries help us determine what we will work on, the subject matter of our work, and the materials we use.

Have you determined your creative boundaries? ___yes ___no

What work is the BEST work you will be working on this year?
List the type of work here (this should be your ideal):

What subject matter/content will you explore this year?

What materials/genre will you use to create your work?

Personal:

Our personal boundaries are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them and how they will respond when someone passes those limits. They are built out of a mix of conclusions, beliefs, opinions, attitudes, past experiences and social experiences.

Our personal boundaries are informed by our spiritual beliefs, our physical needs, our emotional energy levels, our intellectual capacity, our desire to protect our sexuality and the sexuality of others, the relational dynamics we believe maintain respect for ourselves and others and the maintenance of time for our personal self-care.

Have you determined personal boundaries? ___yes ___no

What personal boundaries do you have/need related to your spiritual walk?

What are your physical boundaries (this can pertain to the creative process or the product or your personal self)?

What are your emotional boundaries?

What are your mental boundaries?

What are your sexual boundaries?

What are your relational boundaries?

What are your self-care goals?

Professional:

Professional boundaries help to model healthy communication & professional relationships to others. It helps us and others stay focused on work responsibilities & objectives and maintain an open, communicating, and functioning workplace team. Healthy professional boundaries support and preserve our own emotional & mental wellbeing.

Excellent blog to check out: <http://www.coach2clarity.com/how-to-set-maintain-professional-boundaries/>

What are your boundaries of time for your work?

What communication boundaries do you have?

What are your professional relationship boundaries?

What are the boundaries you have setup and communicated to your team?

What boundaries do you have for your role in your work?

Have you taken on more roles than is healthy?

Can you engage partners/assistants/employees/crew to engage in your project?

Who are you willing to work for?

In what capacity?

Who do you refuse to work for?

Why?

Setting boundaries acknowledges our own limitations, the limitations of others we work with and what roles we are taking on with our work and the roles others are performing at work.

Building Walls: Creatively, Personally or Professionally

Walls are different than boundaries, walls can be destructive to our creative work, our relationships and our personal self. They can stifle growth, isolate us relationally and professionally. Be sure you are setting boundaries not building walls unless you are in an extreme situation where you are being victimized or abused. Make sure those walls are built for your protection and ability to thrive not to isolate you from resources, people and God who can and will protect you and be your advocate.

Have you built unhealthy walls?

What is your plan to tear them down?

Rest/Sabbath

What are your plans for consistent Sabbath rest this year? Intentionality matters!

Homework / Module 6 / Boundaries

1. Go back over Module 6's exercise, spend time in prayer and reflection and answer the questions as thoroughly as possible. Finish them completely.
2. Now that you are halfway done with the course, let's evaluate where you are in the process by completing the AEM Catalyst Halfway Mark Checklist.
3. Pray over and solidify your career goals and intentions in light of your creative, personal and professional boundaries.
4. Like, follow or sign up for your fellow Catalyst Members pages, emails, social media subscribes and likes, etc.
5. Pray regularly for your career success and for fellow Catalyst members and their success.

AEM Catalyst Course Halfway Mark Evaluation

Name: _____

- I am regularly praying over my career and the members of the Catalyst Group
- I am regularly reading and praying over the scripture verses for each module.
- I am regularly engaging with the Catalyst members on Social Media with the purpose of increasing traffic for them on their websites and social media platforms.

- I have completed lists on available assets for:
 - People
 - Offline positioning
 - Online positioning
 - All lists
 - Money/budget for this year
 - Supplies/technology
 - Places
 - Current work/past projects
 - Promotional materials
 - Endorsements/testimonials

- I have reviewed and gotten feedback from my spouse or trusted advisor on my assets, so nothing is forgotten or not identified.
- I have begun to strategize how to better use my assets.
- I have identified and listed my weak spots.
- I am praying over those weak spots and giving those needs to the Lord.
- I have assessed my social media presence and identified my areas of weakness.
- I have actively been waking up old relationships.
- I have set my goals/intentions for this year.
- I have identified aspirational models and my competition.
- I am following my aspirational models and competition regularly.
- I have reviewed my goals/intentions with my spouse or trusted advisor.

- I have updated and reviewed my goals/intentions in light of:
 - The resources I have
 - The resources I need
 - The aspirational models I have been following
 - The competition I have been following
 - How I am adding value
 - Branding and my Identity
 - My audience
 - My pro bono and volunteer work
 - My boundaries: creative, personal, professional.

- I have identified how I add value through my art/work
- I have decided what the core/heart of my business is.
- I have decided what i/my business want to be known for.
- I have a finished mission statement that defines my market, what I am providing for them and what that results is.
- I have reviewed my work for the year and it is in line with my mission statement.
- I know what I do.
- I know why I do it.
- I know how I do it.
- I know who I do it for-my audience.
- I know how the audience benefits from my work.
- I have an artist/company statement.
- I have defined my brand identity.
- I have chosen a logo.
- I have chosen colors for my brand.
- I have chosen fonts for my brand.
- I have gotten my headshots taken and chosen.
- I have updated or created my CV or resume.
- I have updated my reel or photography of my work and it is fully accessible and usable.
- I have defined my identity apart from my work as a creative.
- I have worked on plans to update or create a website.
- I have business cards.
- I have specifically defined each one of my audiences.
- I know which social media platforms each one of my audiences prefer.
- I know where my audience lives, locally and/or globally.
- I know what churches/organizations, etc. my audiences belong to.
- I know what my audience likes and dislikes.
- I know what offends my audience.

- I know what my audiences dreams/aspirations are.
- I have examples of how my audience enjoys my work.
- I have a list of usable testimonials.
- I know how I have added value to my audiences.
- I know what it will cost my audience if they do not experience my work.
- I know how my artwork will transform/enlighten/benefit my audiences.

- I know how to love and respect my audiences, including my:
 - Team
 - Customer/consumer
 - Investor/Patron

- I have identified the areas I need margins.
- I have changed my schedule and established margins that have been reviewed and agreed upon by my spouse or trusted advisor.
- I have identified the amount of pro bono and volunteer work I can handle this year.
- I have reviewed and agreed upon the pro bono and volunteer work I will do this year with my spouse or trusted advisor.
- I have looked ahead at my year and made any necessary adjustments regarding my commitments of time, talent and resources so I can produce my BEST work this year.