

NAVIGATING DUAL CAREERS: ARTIST & EDUCATOR

What do you do?

Make some lists!

As an artist, what do you do? As an educator, what do you do?

What **actions** do you take? What are your responsibilities?

How do you spend your time?

What are your overlaps?

Note in your lists where your actions/thought processes are similar between teaching and being an artist.

Where is there room?

If the challenge is making time/energy/space/resources for your art career while continuing your teaching career, where is there room within teaching for being an artist?

What do you need?

Do you need more time? Energy?

Space? Resources?

(all of the above? - let's be honest!)

Which need is most pressing NOW?

Where is there room?

Where can you meet this need?

What can you shift?

What can you say "no" or "yes" to?

What works best for you?

Where is there joy?

Which actions bring you joy?

How can you make more time for those?

When do you rest?

How do you recognize when your cup is feeling empty?

Where is there time for rest?

What does rest look like for you?

You are enough!

Mantra: I prioritize joy and rest.

I give myself permission to NOT be 100% artist or 100% educator.

NAVIGATING DUAL CAREERS: ARTIST & EDUCATOR

What do you do?

Make some lists!

As an artist, what do you do? As an educator, what do you do?

What **actions** do you take? What are your responsibilities?

How do you spend your time?

What are your overlaps?

Note in your lists where your actions/thought processes are similar between teaching and being an artist.

Where is there room?

If the challenge is making time/energy/space/resources for your art career while continuing your teaching career, where is there room within teaching for being an artist?

What do you need?

Do you need more time? Energy?

Space? Resources?

(all of the above? - let's be honest!)

Which need is most pressing NOW?

Where is there room?

Where can you meet this need?

What can you shift?

What can you say "no" or "yes" to?

What works best for you?

Where is there joy?

Which actions bring you joy?

How can you make more time for those?

When do you rest?

How do you recognize when your cup is feeling empty?

Where is there time for rest?

What does rest look like for you?

You are enough!

Mantra: I prioritize joy and rest.

I give myself permission to NOT be 100% artist or 100% educator.

NAVIGATING DUAL CAREERS: ARTIST & EDUCATOR

What do you do?

Make some lists!

As an artist, what do you do? As an educator, what do you do?

What **actions** do you take? What are your responsibilities?

How do you spend your time?

Artist

Educator

Deep breaths

NAVIGATING DUAL CAREERS: ARTIST & EDUCATOR

What are your overlaps?

Note in your lists where your actions/thought processes are similar between teaching and being an artist.

Artist

Educator

Overlaps

You are enough!

NAVIGATING DUAL CAREERS: ARTIST & EDUCATOR

Where is there room?

If the challenge is making time/energy/space/resources for your art career while continuing your teaching career, where is there room within teaching for being an artist?

What do you need?

Do you need more time? Energy?
Space? Resources?
(all of the above? - let's be honest!)

Which need is most pressing NOW?

Where is there room?

Where can you meet this need?
What can you shift?
What can you say "no" or "yes" to?

What works best for you?

I Need...

I can meet this need by...

Make room!

NAVIGATING DUAL CAREERS: ARTIST & EDUCATOR

Where is there joy?

Which actions bring you joy?

How can you make more time for those?

I enjoy...

I can do more of this by...

You deserve joy!

Mantra: I prioritize joy and rest.

I give myself permission to NOT be 100% artist or 100% educator.

NAVIGATING DUAL CAREERS: ARTIST & EDUCATOR

When do you rest?

How do you recognize when your cup is feeling empty?

Where is there time for rest?

What does rest look like for you?

I know I need rest when...

For me, rest looks like...

There is time for rest when...

you need rest!

Mantra: I prioritize joy and rest.

I give myself permission to NOT be 100% artist or 100% educator.

NAVIGATING DUAL CAREERS: ARTIST & EDUCATOR

Why are joy and rest important?

How can you share your passion with students when you are depleted?
How can you create art when you are exhausted?

Joy is important to me because...

Rest is important to me because...

Advice I share with others that I need to hear:

Listen to your body.

Mantra: I prioritize joy and rest.

I give myself permission to NOT be 100% artist or 100% educator.