

THE ARTIST'S SURVIVAL KIT

FOR THE REALLY BAD DAYS, FOR THE DAYS WHEN YOU WANT TO QUIT, WHEN YOU FEEL LIKE EVERYTHING YOU DO IS SHIT, WHEN YOU FEEL YOUR SELF ESTEEM PLUMMET, WHEN YOU DECIDE THAT YOU WOULD RATHER WAIT TABLES FOR A LIVING, WHEN YOU START TO THINK YOU WILL NEVER MAKE A LIVING MAKING ART, WHEN YOU ARE WORKING ON SOMETHING AND FEEL LIKE YOU HATE IT MORE THAN YOU'VE EVER HATED ANYTHING IN YOUR LIFE, WHEN SOMEONE MAKES AN OFF-HAND REMARK ABOUT YOUR WORK AND AFTERWARDS YOU FEEL DEJECTED, WHEN YOU WISH YOU HAD GONE TO SCHOOL FOR ACCOUNTING, WHEN YOU START TO BELIEVE THAT MAYBE YOUR FAMILY WAS RIGHT, WHEN YOU WANT TO LIE IN BED FOR A MONTH AND EAT CHIPS. © 2006 KERI SMITH

“WHAT TO DO WHEN YOU’RE STUCK” CARDS FOR USE DURING A CREATIVE PROJECT

INSTRUCTIONS:

1. CUT OUT THE SQUARES ON THE NEXT TWO PAGES.
2. PLACE THEM IN A VESSEL OF SOME KIND.
3. PULL ONE WHEN YOU FEEL A PIECE IS NOT WORKING, OR IF YOU ARE UNSURE WHAT DIRECTION TO HEAD IN.
4. THE CARD MEANING IS COMPLETELY UP TO YOUR INTERPRETATION*.

NOTE: *INTERPRETATION IS DEPENDANT ON MANY FACTORS** AND WILL BE DIFFERENT EACH TIME YOU APPLY IT.
(**MOOD, PERCEPTION, TIME OF DAY, CHILDHOOD ASSOCIATIONS, MOON CYCLES, ETC.)

ADD	EXPOSE/DIVULGE	CLEAR	START OVER	DO THE OPPOSITE	DO SOMETHING ELSE.
USE A DIFFERENT COLOR	CHANGE TOOLS	LAYER	FAKE IT	BE SPECIFIC	AMPLIFY MISTAKES
USE GRID	REPEAT	FAST	STEAL	SIMPLIFY	DELETE
INCORPORATE THE UNKNOWN	USE OFFICE SUPPLIES	KEEP GOING	ASK FOR HELP	MAKE TEA	CHANGE LOCATIONS
SCRIBBLE	READ A PAGE IN THE CLOSEST BOOK.	MOVE YOUR BODY	USE A CIRCLE	FRAGMENT	SLOW

1. GO GET A NEWSPAPER.
2. READ THE CLASSIFIED SECTION.
3. LOOK FOR JOBS THAT WOULD FULFILL YOU.
4. CIRCLE THEM.
5. COUNT THE CIRCLES.

VENTING CARD,

WHINE, GRIPE, SPEW, CURSE

HOW TO HANDLE REJECTION (TIPS)

1. CRY
2. SUBMIT TO SOMEONE ELSE.
3. CURSE THEM.
4. PHONE A FRIEND. (VENT)
5. FILL IN THE VENTING CARD.
6. EAT A PINT OF ICE CREAM.
7. DRINK.
8. GIVE YOURSELF A WEEK OF MOURNING. (GRIEVE).
9. CELEBRATE.
10. SCREAM.
11. WRITE YOUR OWN TIPS.
12. _____
13. _____
14. _____

BUILT-IN SUPPORT SYSTEM

IN CASE OF A CREATIVE EMERGENCY CALL THESE NUMBERS:

INSTRUCTIONS: WRITE DOWN TEN THINGS YOU LOVE ABOUT BEING AN ARTIST. SEAL THIS CARD IN AN ENVELOPE. OPEN WHEN YOU FEEL YOU WANT TO QUIT.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

artistic advice:

WARNING

FAILURE TO PARTAKE IN THE FOLLOWING ACTIVITIES
MAY RESULT IN LOSS OF ARTISTIC INSPIRATION AND
CAUSE DISSATISFACTION AND GENERAL MALAISE.

1. GOING OUTSIDE (TIME SPENT IN NATURE)
2. REGULAR MOVEMENT OF BODY (LIMBS, BLOOD, ETC.)
3. EXPLORATION.
4. WANDERING AIMLESSLY.
5. SOCIAL ACTIVITIES.
6. INTELLECTUAL STIMULATION.
7. ARTIST DATES.
8. TIME SPENT DOING NOTHING.
9. PERSONAL WORK.
10. EATING HEALTHY FOOD.

HOW TO FEEL MISERABLE AS AN ARTIST

(OR, WHAT NOT TO DO, UNDERLINE ANY THAT CURRENTLY APPLY)

1. CONSTANTLY COMPARE YOURSELF TO OTHER ARTISTS.
2. TALK TO YOUR FAMILY ABOUT WHAT YOU DO AND EXPECT THEM TO CHEER YOU ON.
3. BASE THE SUCCESS OF YOUR ENTIRE CAREER ON ONE PROJECT.
4. STICK WITH WHAT YOU KNOW.
5. UNDERVALUE YOUR EXPERTISE.
6. LET MONEY DICTATE WHAT YOU DO.
7. BOW TO SOCIETAL PRESSURES.
8. ONLY DO WORK THAT YOUR FAMILY WOULD LOVE.
9. DO WHATEVER THE CLIENT/CUSTOMER/GALLERY OWNER/PATRON/INVESTOR ASKS.
10. SET UNACHIEVABLE/OVERWHELMING GOALS. TO BE ACCOMPLISHED BY TOMORROW.

PROCRASTINATION JUSTIFICATION OR “WHY I CAN’T DO IT TODAY”,

USE AS NEEDED..

THE WEATHER IS GOOD.
I FEEL CREATIVELY STUCK.
I NEED TO RECHARGE.
I’LL BE MORE INSPIRED AT A CAFE.
I NEED TO DO SOME RESEARCH.
I DON’T HAVE THE RIGHT MATERIALS.
I’M NOT INSPIRED BY MY WORKSPACE.
I HURT MY FINGER.
THE CLIENT IS _____
HEMINGWAY DID IT.
I DIDN’T SLEEP WELL LAST NIGHT.
I NEED CAFFIENE TO FUNCTION.
I NEED WINE TO FUNCTION.
I NEED TO LET THE IDEAS GESTATE.
I DON’T HAVE A DEADLINE.
I WORK BEST UNDER PRESSURE.
I GOT MY PERIOD.

PROJECT ACCEPTANCE CHECKLIST

(I.E. DO I TAKE THIS JOB?)

1. WILL I ENJOY DOING THE PROJECT?
2. WILL I HAVE TO COMPROMISE ANOTHER PROJECT BY ACCEPTING THIS?
3. WOULD I RATHER HAVE TIME TO MYSELF THAN TO DO THIS PROJECT?
4. DO I NEED THE MONEY?
5. IS THE MONEY A COMPROMISE?
6. IF I ACCEPT LOW MONEY WILL I RESENT THE PROJECT WHILE DOING IT?
7. HAVE I ASKED FOR MORE MONEY IN THE PAST FOR A COMPARABLE PROJECT?
8. AM I ACCEPTING THE CLIENT’S PRICE BECAUSE IT’S A TAKE IT OR LEAVE IT PROPOSITION?
9. DO I OWE IT TO MYSELF TO ASK FOR MORE?
10. IS THE CLIENT LIKELY TO PAY ME WITHOUT HASSLE?
11. DOES THE CLIENT SEEM KNOWLEDGEABLE ABOUT BUYING ART?
12. IS THE CLIENT’S IGNORANCE LIKELY TO HINDER A SMOOTH WORKING RELATIONSHIP?
13. IS THE CLIENT PROMISING ME MY NAME IN LIGHTS IN LIEU OF INITIAL MONEY?

*2 YES’S INDICATE A NEGATIVE SITUATION.

CREATE YOUR OWN DAMN AWARD

INSTANT RECOGNITION

WAIT NO LONGER FOR THE WORLD TO RECOGNIZED YOUR TALENTS.



MAKE YOUR OWN MINI CALENDAR

WRITE DOWN CRAZY THINGS THAT HAVEN'T HAPPENED YET. (I.E. SHOW AT THE MOMA, SCREENING AT SUNDANCE, PERFORMANCE AT THE MET.),

CREATE YOUR OWN LUCKY CHARMS

INSTRUCTIONS:

1. SELECT SOME COMMON EVERYDAY ITEMS SUCH AS COINS, STONES, SHELLS, SMALL TOYS, JEWELRY, ORIGAMI.
2. HOLD THE CHARM IN YOUR HAND. THINK ABOUT AN AREA YOU COULD USE SOME LUCK IN, (I.E. YOUR FINANCES, GENERATING NEW IDEAS, A NEW PARTNERSHIP, GETTING A NEW GIG, A BOOK DEAL, ETC.)
3. MAKE A WISH.
4. HIDE THE CHARM SOMEWHERE ON YOUR PERSON.



STATEMENT OF WORTH CARD

INSTRUCTIONS:

1. GET A BLANK PERSONAL CHEQUE.
2. THINK ABOUT WHAT YOU THINK YOU SHOULD CHARGE FOR ONE OF YOUR PIECES OF ART (OR SERVICES AS AN ARTIST).
3. DOUBLE THAT AMOUNT. TAKE THAT NUMBER AND WRITE A CHEQUE TO YOURSELF.
4. MAIL THE CHEQUE.

PERMISSION TO MAKE MISTAKES

I, _____ (THE ARTIST), HERBY ACKNOWLEDGE THAT ON OCCASSION IT IS COMPLETELY NORMAL/HUMAN/EXPECTED THAT MISTAKES OCCUR, AND THAT WHEN THEY HAPPEN I WILL NOT SPEND AN EXORBANANT AMOUNT OF TIME BEATING MYSELF UP.OVER IT. I UNDERSTAND THAT I HAVE FULL PERMISSION AND AM EXPECTED TO MAKE MISTAKES ON A REGULAR BASIS.

SIGNED _____

DATED _____