

Emmalisa

4/1/23

Make a plan to set up at least one professional social media site and report that plan here.

Bonus points for actually doing it! Things to consider:

- What site will best fit your professional goals?

Linked In

Fiverr

Youtube

Twitter

Instagram

Tiktok

Goodreads

Pinterest

Blog

- What do you need to do/pay/plan to make this site work for you?

Post consistently

Advertise

Share content

Be consistent

- Are there resources that provide you help to use the site most effectively for your purposes?

Google can teach me lots. The sites also have lots of helpful support information on them if I just take the time to look.

- Once you get this one set up, what is your plan to maintain it?

Have a weekly time to update my websites and social media. I can post weekly pretty easy

- What are other social media things you should consider?

Comments. I really don't know.

Emmalisa Horlacher  
3/10/23

### A Prophet on Debt

To me spiritual principles and temporal principles overlap in importance and meaning. I believe the reason why we keep temporal principles is for spiritual benefits. For instance, the word of wisdom is a temporal principle to take care of your body but by doing so you get an overlapping effect that your spiritual health will also be cared for since the body and the spirit are in such a close relationship. You cannot do something temporarily without it affecting your spirit and vice versa.

To say that living within your means is only a temporal principle would be wrong. The principle of living within your means also applies to your spirit. I would say that we have spiritual reserves and specific boundaries that keep our spirits safe and happy. When we try to extend ourselves beyond those limits, we end up in spiritual and emotional distress. (Sometimes that is important and helps us to grow in specific situations but I do not think always being in a fight or flight mode is healthy.) I also believe that the limits of our personal spiritual reservoirs fluctuate constantly. I believe it is important to know oneself and to understand your spiritual limits. That way you are able to live within those limits and make boundaries with yourself and others so that you stay safe. I also believe that as we learn to live within our means temporally those skills translate over and help us to live within our means spiritually.

Knowing your limits will help to avoid being traumatized but it is also important to know the limit between traumatization and out of the comfort zone growth. If one should venture too much out of the comfort zone, they could experience trauma, yet if one never goes out of the comfort zone, their life experiences will grow smaller and smaller until nothing is comfortable. In a similar sense, if you never grow your means, you'll never be able to reach for more but if you're always reaching for more and living that way, you aren't living within your means. It's a give and take situation.

Emmalisa

3-4-23

Matt Walker: Sleep is your superpower

Talking Point

- Sleep creates solid memories
- Prioritize sleep! It can help heal you, literally
  - Better sleeps can prevent cancer
  - The shorter your sleep, the shorter your life
  - Immune system gets shut off if you have lack of sleep
- Get regular sleep. Regularity is KING
  - Keep your sleep cold 65 degrees. Staying cool will help you get asleep and stay asleep.
- Sleep is non negotiable. It is your support system.
  - Reclaim your right to a good nights sleep.
  - You can't catch up on sleep, it's not like the bank

Break the association of sleep. Your bed is the place of sleep.

Emmalisa Horlacher  
2-11-23

## Know The Field

### Jobs to Consider:

Producer:

<https://www.bls.gov/ooh/entertainment-and-sports/producers-and-directors.htm>

<https://www.bls.gov/oes/current/oes272012.htm>

<https://producersguild.org/>

Video Editor:

<https://www.bls.gov/oes/current/oes274032.htm>

Writer:

<https://www.bls.gov/ooh/media-and-communication/writers-and-authors.htm>

<https://www.bls.gov/oes/current/oes273043.htm>

- Where are jobs posted?

Indeed. Handshake

LinkedIn

Company Websites

Walt Disney Imagineering - Florida and California

PBS kids - Alexandria, VA

Dreamworks Animation -

Cartoon Network - CA, NY, GA

Warner Bros. - US, FL, CA, GA, NY

Nickelodeon - CA

Paramount Pictures (Nickelodeon)

<https://www.pbs.org/about/careers/#open-positions>

<https://www.indeed.com/viewjob?cmp=Unreal-Imagine&t=Producer+Assistant&jk=a552a7ce7723855b&q=Assistant+Producer&vjs=3>

<https://www.linkedin.com/jobs/search/?currentJobId=3478381878&keywords=assistant%20producer>

[https://jobs.disneycareers.com/search-jobs?acm=ALL&alrpm=ALL&ascf=\[%7B%22key%22:%22custom\\_fields.IndustryCustomField%22,%22value%22:%22Walt+Disney+Imagineering%22%7D\]](https://jobs.disneycareers.com/search-jobs?acm=ALL&alrpm=ALL&ascf=[%7B%22key%22:%22custom_fields.IndustryCustomField%22,%22value%22:%22Walt+Disney+Imagineering%22%7D])

[https://byu.joinhandshake.com/stu/postings?page=1&per\\_page=25&sort\\_direction=desc&sort\\_column=default&job.salary\\_types%5B%5D=1&job.remote=true&query=video%20editor](https://byu.joinhandshake.com/stu/postings?page=1&per_page=25&sort_direction=desc&sort_column=default&job.salary_types%5B%5D=1&job.remote=true&query=video%20editor)

<https://www.nbcunicareers.com/find-a-job?business=1088&subbusiness=5740,3130,1752,2219,1753,3204&cmpid=dwa>

<https://careers.paramount.com/go/Nickelodeon-Animation/8711300/>

<https://careers.wbd.com/warner-bros-jobs?186595BR>

<https://www.cartoonnetworkstudios.com/jobs>

<https://careers.wbd.com/global/en>

<https://www.indeed.com/cmp/Dreamworks-Animation>

## Producer

- What are basic qualifications for the kind of work I want?

Bachelor's degree.

Several years of experience working on set in film, TV, stage, or other productions in positions such as actors, cinematographers, or film and video editors or in related occupations, such as theater managers.

Start out working in theatrical management offices as business or company managers.

In television or film, they may begin as assistants or in other low-profile studio jobs.

Internships that provide opportunities to work alongside producers and directors.

- Important Qualities
  - Communication skills.
  - Creativity.
  - Decision-making skills.

Percentile wage estimates for Producers and Directors:

Percentile	10%	25%	50% (Median)	75%	90%
Hourly Wage	\$ 18.37	\$ 24.45	\$ 37.98	\$ 62.23	\$ 99.45
Annual Wage (2)	\$ 38,210	\$ 50,860	\$ 79,000	\$ 129,440	\$ 206,860

- What are starting salaries?

The lowest 10 percent earned less than \$38,210, and the highest 10 percent earned more than \$206,860. The median annual wage for producers and directors was \$79,000.

- Where are the best locations to find work?

California, New York, Florida (the places where the companies or theaters are located out of)  
Or Remote

- What are job prospects in America right now for college graduates?

Video Editing, any entertainment industry office management place (maybe a children's theater or nonprofit company), start in the beginning field and build up from there

## Writer:

- What are basic qualifications for the kind of work I want?

A college degree in English, communications, or journalism is generally required

Experience gained through internships or any writing that improves skill, such as blogging

Employers may prefer candidates who are able to create a visual story using tables, charts, infographics, and maps.

Knowledge of computer software and editing tools that combine text with graphics, audio, video, and animation

Writers and authors typically gain writing experience through on-the-job training.

Writers may need formal training or experience related to a particular topic that they want to write about.

- Important Qualities
  - Adaptability.
  - Creativity.
  - Critical-thinking skills.
  - Determination.
  - Persuasion.
  - Social perceptiveness.
  - Writing skills.

- What are starting salaries?

The lowest 10 percent earned less than \$38,500, and the highest 10 percent earned more than \$133,580.

The median annual wage for writers and authors was \$69,510 in May 2021.

Percentile wage estimates for Writers and Authors:

Percentile	10%	25%	50% (Median)	75%	90%
Hourly Wage	\$ 18.51	\$ 23.74	\$ 33.42	\$ 48.60	\$ 64.22
Annual Wage (2)	\$ 38,500	\$ 49,390	\$ 69,510	\$ 101,080	\$ 133,580

- Where are the best locations to find work?

California, New York, Florida (the places where the companies or theaters are located out of)  
Or Remote

- What are job prospects in America right now for college graduates?

Copywriting, script reading/filing through,

<https://www.jobscan.co/blog/10-jobs-graduates-creative-writing-degree/>

- What are the careers that I may be qualified for?

Video editing, PA on set, copywriting, assistant producer, freelancer, storyteller, remote video editor, theater management

## Summary

- Writers and Producers who just start out make about the same amount of money. Jobs are heavily based out of California and New York but there is a need all over the US.
- What I personally need most is experience. To gain that my best option is probably to start by getting a good computer and good editing tools then get hired to do remote

video editing work while building up my writing reputation. Gain experience too by working on passion projects. (Find a job that does what I'm wanting while living in AZ with my parents for a while. Maybe a theater company since film doesn't seem to be big there.)

- From there look for companies in New York, Florida, Texas, and Georgia that have openings for Assistant Producers and Assistant Managers. (I can also look in CA if I'm desperate.)

Emmalisa Horlacher

1-10-23

### READING RESPONSE 1

This book is about fighting resistance.

The beginning of the book starts of a lengthy description on what resistance is and how it affects us in our day to day lives.

1. It was a bit tricky for me to wrap my head around his idea of resistance because I do not agree that resistance is “evil” as he says. I think resistance helps us to grow stronger and things that help us to grow are not things I consider evil. (Like how wind helps plants to grow stronger, doesn’t make the wind evil.)
2. As I continued to read I came to realize that we have contradicting definitions of resistance. While I say that resistance is a neutral opposing force, I see evidence that he defines resistance as the opposite of self-mastery, which is being a slave to your own immediate desires, beliefs, and circumstances without ever the option of changing or influencing it.
  - a. Evidence: “We don’t know how to be alone. We don’t know how to be an individual.” and “the truly free individual is free only to the extent of his own self-mastery.”

Emmalisa Horlacher

1/25/23

## READING RESPONSE 2

### THE CONCEPTS THAT STOOD OUT TO ME:

Letters to a young poet

Don't be alone. Celebrate the problems that come with your profession.

God appears everywhere in your childhood. "Ask yourself, dear Mr. Kappus, whether you really have lost God? Is it not rather, that you have never yet possessed him?"

Problems: wanting love and wanting excel combined. Pursue each but dont purse greatness to be loved.

"[Love] works only as a gift, never as a reward."

"Pursue love by striving to give it rather than possess it."

"Rather than pursuing love by giving ourselves away, we end up trying to capture love with a new and improved version of ourselves. This sucks the freedom out of love, and it sucks the joy out of excellence."

You can't make God love you more than he already does.

"Do what you can, do it better than you're able, and let things happen as they may. The action, not it's fruit, is your business. The outcome is not your concern."

### INTENTIONAL CHOICES TO APPLY TO LIFE:

One thing that I really want to take from the reading is that my worth is not dependent on my actions or the result of my actions. While I should seek positive actions and results I was to disassociate them with who I am as a beloved spirit daughter of God. My worth and my competency are not related.

I also loved just the idea that we best feel and receive love by giving it. It's such a backwards concept that by giving love away, you can feel more of it. It's not saying that chasing after love is bad, it's saying to chase after love by giving it away. I think that's really neat.

Emmalisa Horlacher

2/4/23

### READING RESPONSE 3

Which concepts stood out to you from each reading. Why? What intentional choices can you make to apply something from the reading in your work or life?

The book continues to describe ways in which resistance manifests itself. It describes fundamentalists vs artistic world views. It describes freedom and goes into details about self-doubt. The book also goes to describe self-doubt and how it can be a direction

### PARTS I LIKED

Fundamentalists would like the past to become their master and lead them to the road of perfection while artists seek to become the master of creation and experiment until they create perfection.

Fundamentalists- Return to a purer world.

Artists- Create a better world.

Do it for the love of doing it. Accepts no excuses. Acts in the face of fear.

Humanist, co create with God

Criticizing others shows resistance (and a lack of self mastery). See someone else living free, it drives us crazy since we are not living free ourselves.

Self-Doubt. The more scared we are, the more we need to do it.

The opposite of love is indifference

Concentrate on the work and allow rewards to come or not come

Personal life needs healing. Creative eyes thrives on opposition

Amateur, play for fun, part-time

Professional, play for keeps, full-time, receives feedback in the real world, has a sense of humor about failure, master the techniques, exposes your work to be judged, have a real failure, Prepared to confront his own self sabotage.

Seeks put the most knowledgeable teacher and listens with both ears.

We fear the idea of what we can be because then we are separated from everything you know.

It is there right I don't darkness the friends is not most, because we're familiar with what's in the dark?

Prove worthy of our ideals.

A territory doesn't give, it gives back. It gives back what you put in

If you're the last person on earth, would you still do what you do? If so, then it's territorial, not hierarchical

Don't cheat us of your contribution.

#### INTENTIONAL CHOICES I CAN MAKE

I think what I love the most and want to apply the most is the idea of the hard things pushing you forward to bring better and doing better. An intentional choice I can make is to simplify my life and to choose to believe and work regardless of how hard it is.

Emmalisa Horlacher  
2-20-23

## READING RESPONSE 4

### SYNOPSIS:

He talks a lot about the difference between being a professional and an amateur. Professionals seem to be more focused on the work and the process of getting it done while amateurs more focus on what the end result could or should be. He also talked about “the muse” and “the gods” and about their power. He talked about hierarchy and territory, how territory is doing something for the work’s sake and hierarchy is doing something for one’s own sake.

### THREE SECTIONS

- A Professional Demystifies
  - The Professional shuts up. She doesn’t talk about it. She does her work.
- A Professional Self-Validates
  - The professional cannot allow the actions of others to define his reality. Tomorrow morning the critic will be gone, but the writer will still be there facing the blank page.
  - The professional blows of critics. The critic hates most that which he would have done himself if he had the guts.
- The Artist’s Life
  - Don't cheat us of your contribution.

There were a lot of sections I could have chosen from. I liked a lot of what he said but I chose these three sections because I felt like, for me, they were the most clear and they applied most to what I feel most valuable to me at this moment. These three sections just helped to validate and encourage some personal philosophies I have been working on adapting into my life.

Some of the ways I get in my own way is when I focus too much on what other people say about my work. Sometimes I only share my work so that I can get justified by other people’s congratulations. This is not how I want to proceed. I would rather develop myself to be open to honest feedback and can decipher between good feedback and bad feedback. I can also get in my head when I think too much about what the product is supposed to be instead of just sitting down and hashing it out. Do the work, yes, maybe it won’t be great, but by doing the work I am creating something that wasn’t there before which is still better than the alternative. Another way I face resistance is when I face the idea that nobody wants to hear what I have to say. It’s hard for me to create things that come directly from my heart because of how vulnerable a place that is and I know that what I have doesn’t align with everybody all the time. It’s such a personal thing, I don’t want it getting hurt but I love his paragraph, “Creative work is not a selfish act or a bid for attention on the part of the actor. It’s a gift to the world and every being in it. Don’t cheat us of your contribution. Give us what you’ve got.”