

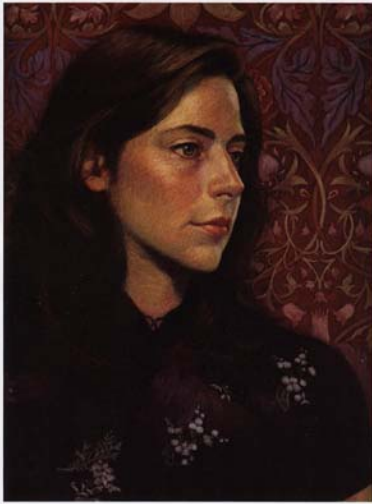


## New Year, New Goals

By Sandra Carpenter

Like many of us, Wende Caporale's main objective is to get in as much painting time as possible. Yet she also has to balance her life as a wife and mother with portrait commissions and teaching workshops. To ensure that she gets the quality of painting time that she wants and that her focus stays fresh, the North Salem, N.Y., artist uses the new year marker to set goals for the upcoming year.

During the week between Christmas and New Year's Day, Caporale forms a creative plan. "Each year when I make my goals, there are some things that I repeat, but I do try to improve upon the previous year and move forward," she says. "I ask myself what I can do to take it to the next level and in what direction I need to move. This keeps me from feeling stagnant. If I didn't think in terms of future goals, my mindset would just be to accomplish day-to-day tasks."



Jane (20x16) by Wende Caporale

### Put It on Paper

After she's determined her goals, Caporale writes them down on paper and shares them with a lifelong friend. "Writing it down means there's more possibility of it happening," says Caporale, and sharing the goals with a friend creates accountability. "It's a way of supporting each other that we've done for over 20 years. We stretch ourselves quite a bit in some instances, but we're also realistic about what we can accomplish in a year. If you don't have dreams, you can't shoot for them."

### Time Management

Caporale also knows that if she's to achieve her goals, she has to manage her time efficiently. She reserves daylight for painting, and takes care of activities such as grocery shopping and correspondence at night.

"Organizing my day is always on my list of goals," she says. "I remind myself of my focus and organize my time accordingly." She's made it a goal to typically paint for six or seven hours, five to six days a week, and also to teach a class one morning each week. She also works time into her schedule for portrait sittings, gallery meetings and teaching.

### Daily Routine

"There are days when I can't wait to get to the studio, but there are also days when I feel like I'm spinning my wheels," she says. "Generally, I can work through it but there are times when I feel it's fruitless, so I stop and take care of the business side of my career instead. Typically, I'm anxious to get back to painting the next day.

"As life goes on, I have become even more passionate about painting although I sometimes wonder how I can maintain my resilience and move forward," says Caporale. "Setting goals reminds me of what I'm trying to accomplish."

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