

# From “The Professional Balancing Act” **Characterize Your Work**

## *Composing*

Example by Jacob Kohut

### **1. How physical is it?**

Not physical but can be fatiguing to use the mouse so much. If there’s not a lot of music being entered, then I can do a 2-3 hour block.

### **2. How mentally challenging is it?**

Very mentally challenging. I’m never more mentally engaged than when composing.

### **3. Does it require creativity?**

Composing requires half creativity, half craft. Nevertheless, that’s much more creativity than anything else I do.

### **4. Does it require attention to detail?**

Creativity and “attention to detail” are almost opposite ends of a spectrum in composition. Towards the editing process of a composition, it requires tremendous attention to detail.

### **5. Where does it belong in your day?**

Composing is great either first thing in the morning or mid afternoon. It all really depends on the type of work that needs to be done on the composition.