

# Set up Call Session Summary

## Summary

Trainer Abigail Barnes introduced *The Artist's Way 12-Week Course*, based on Julia Cameron's program, detailing its 12 weekly themes and components, including live Google Meet sessions, an accountability WhatsApp community, and AI notes. Participants are required to read specific pages of *The Artist's Way* book, sign a contract on page 23, and commit to the core assignments of daily "Morning Pages" and weekly "artist's dates," with an emphasis on trusting the process and prioritizing progress over perfection. The course runs from Sunday to Sunday, with participants reviewing progress on Saturday, and an optional 60-minute VIP coaching session with Abigail Barnes is available for additional support.

## Details

- **Introduction to The Artist's Way 12-Week Course:** The 12-week course, led by trainer Abigail Barnes, is based on Julia Cameron's 1992 program intended to help participants discover and recover their creative self, acknowledging that everyone is an artist. The course is available both as a live accountability group and on-demand, aiming to unlock creativity in ways participants may not currently imagine. The 12 weekly themes cover concepts such as safety, identity, power, integrity, possibility, abundance, connection, strength, compassion, self-protection, autonomy, and faith.
- **Program Components and Support Structure:** The program includes a Week One setup call, 12 weeks of live weekly Google Meet sessions (30-45 minutes), which are also available on-demand in the online training portal. Support includes opportunities for Q&A, optional "hot seats," a downloadable weekly progress tracker, AI session notes, and email support during office hours for the duration of the course. Additionally, an accountability WhatsApp community is available for participants to share their journey and seek support, along with the opportunity to complete pre- and post-self evaluations to track progress.
- **Accessing Course Materials and Required Reading:** Participants have 24/7 access to their training portal on desktop or mobile, and they should order their copy of *The Artist's Way*, with the recommendation to consider investing in the ebook for ease of use while traveling. Week One begins with reading pages XI to page 24 of the book, which includes the introduction, "Spiritual Electricity," the basic principles, and the basic tools to provide context for the course. In Week One, participants are required to read pages 25 to 40, which marks the start of the first week's content and tasks.
- **Week One Core Assignments: Contract and Morning Pages:** On page 23 of the book, there is a contract that participants are asked to sign, either directly in the book or on a Post-it

note, as a personal commitment to keep going over the next 12 weeks regardless of the emotional roller coaster. The first weekly task, which will be done every week, is called Morning Pages, where participants must write three sides of notes daily in a notebook of their choice, prioritizing consistency over perfect format. They should start with a smaller notebook if they are new to journaling, remembering that consistency is key to building a daily habit and making the process fun.

- **Weekly Tasks and Review Process:** Julia Cameron recommends participants go on an "artist's date" every week, which is a solo outing to a place like a gallery or coffee shop to reconnect with their inner self. At the end of every chapter, there are suggested tasks (questions to consider), and participants should complete the activities they feel called to while observing the ones they resist. The course runs from Sunday to Sunday, with participants reviewing their progress from the previous week on Saturday before the Sunday weekly call, which will include both review and a look forward.
- **Emphasis on Progress, Trust, and Additional Support:** The two most important points for success are to trust the process and have fun, and to remember that "Progress beats perfect". If a day is missed, participants should not quit but resume the next day, and it is acceptable to adapt practices, such as writing Morning Pages in the evening if life prevents a morning session. Participants can invest in an optional "Artist's Way Activation Session," a 60-minute VIP coaching session with Abigail Barnes that includes a review of progress, specific Q&A, and 30 days of follow-up email support, designed to supercharge success and address challenges like procrastination or impostor syndrome.