

Week 3_The Artists Way_2026/03/08

Summary

Creative capacity building featured self-awareness discussions with reflections on resistance and emotional discoveries.

Reviewing Course Focus and Trust

The week 3 review focused on power, with participants instructed to read specific pages, complete morning pages, and take an artist date, emphasizing the importance of trusting the creative process.

Participants were encouraged to identify internal arguments against self-improvement and recognize that a perceived lack of time often masks a lack of value for the task.

Sharing Realizations and Resistance

Sarah Mason discussed massive resistance to the childhood detective work, linking difficulty recalling memories to possible dissociative amnesia, while Keith Hare shared a belief in synchronicity following an unsolicited LinkedIn connection that resulted in a client inquiry. Beverly realized their perception of overly confident people as "braggy" stemmed from an envy of that confidence and recognized a strong need to act as a fixer/rescuer.

Addressing Self-Care and Consistency

Challenges included missing morning pages, which participants compensated for by writing more, leading to a decision to maintain rigid daily consistency, such as writing at 7:00 AM. A bonus homework assignment was given for everyone to share 5 things they could do for themselves in the WhatsApp group to brainstorm and offer self-care ideas.

Details

- **Introduction and Course Overview:** Abigail Barnes welcomed the participants to the week three review and week four setup of *The Artist's Way* 12-week course, noting that they are a quarter of the way through and the focus is now on building creative capacity. They reviewed the structure of the course, which was designed by Julia Cameron, and how each chapter layers the process of excavating blocks; week one was about safety, week two about identity, and the current week about power ([00:01:37](#)).
- **Course Resources and Format:** The course includes weekly sessions, a Q&A opportunity, an online training portal, a weekly progress tracker, and recorded sessions with AI notes ([00:02:53](#)). Other resources include a WhatsApp group, a self-evaluation form, and email support for questions throughout the week ([00:03:58](#)). Abigail Barnes mentioned that they use their notebook to track the upcoming day, noting that the current meeting corresponds to day 21, with day 22 following ([00:02:53](#)).
- **Weekly Requirements and Process Trust:** Participants were instructed to read pages 61 to 77 for the current week, complete daily morning pages (three sides of notes), go on an artist date, consider the chapter tasks, and review the week on Saturday before the Sunday meeting ([00:04:57](#)). They emphasized the importance of trusting the process and having fun, recognizing that the course may uncover deeply held issues ready for release ([00:06:07](#)).
- **Self-Awareness and Commitment:** Abigail Barnes discussed the importance of recognizing internal arguments against self-improvement and the concept that "how you do one thing is how you do everything," leading to circular arguments ([00:07:12](#)). They encouraged participants to do the tasks they resist first, and to become aware of the stories they tell themselves about not having time, suggesting that a lack of perceived value is often the real block ([00:08:18](#)).
- **Weekly Themes and Discussion Prompts:** This week's chapter themes included anger, emotion, synchronicity, luck, shame (often a fear of something), dealing with criticism, detective work (identifying blocks), growth, and self-love. The discussion format included talking about the biggest realizations, whether the detective work exercise was done, its meaning for career/life, the most challenging parts of the course, and what they will do differently next week ([00:09:24](#)) ([00:11:41](#)).
- **Sarah Mason's Realizations and Resistance:** Sarah Mason expressed their love for the program and the morning pages, noting they missed a day but

compensated by writing more the next day, realizing they love to write despite previously convincing themselves they were not good at it ([00:11:41](#)). They had "massive resistance" to the childhood-focused detective work and found they could not recall any favorite childhood toys, games, or films, linking this to what they discussed with a therapist as potential dissociative amnesia or repressed memories ([00:12:54](#)).

- **Sarah Mason's Career Success and Artist Date:** Sarah Mason found the childhood tasks painful but did them, digging deep to recall childhood accomplishments. They shared a career achievement: mentoring students on a project that earned second place out of 30 companies, noting the rewarding transformation they observed in the students ([00:15:18](#)). Sarah Mason described their artist date at the Musee des Beaux-Arts, where they visited the Camille Claudel exhibition and felt completely immersed in the 18th-century world, experiencing intense emotional connection to the period ([00:17:51](#)).
- **Keith Hare's Training Metaphor and Synchronicity:** Keith Hare drew a parallel between the course and their fitness regime, realizing it is acceptable to approach the course not just from a place of being "broken" or blocked, but from a "midpoint" to "sharpen the knife" and improve training ([00:22:11](#)). They considered synchronicity a "real thing," citing an unsolicited LinkedIn post from a former colleague that led to a client inquiry for their new financial planning firm, which validated their authentic writing style as a form of due diligence ([00:23:25](#)).
- **Keith Hare's Artist Date and Corrective Habits:** Keith Hare used a visit to their best friend's newly launched vinyl record store as their artist date, spending time leafing through records, which felt like meditation and led to them purchasing vinyl and deciding to buy a turntable after 35 years away from the format ([00:24:30](#)). The most challenging part was skipping a couple of days of morning pages, which led to writing six pages to overcompensate; they decided to return to the rigid habit of writing at 7:00 AM for daily consistency ([00:26:46](#)).
- **Daily Writing and Creative Preparation:** Abigail Barnes affirmed that the pages' intention is to create the habit of daily writing, recognizing that personal development is a lifelong journey with varying triggers ([00:27:36](#)). Keith Hare shared that the course helped them plan creative thought in advance, such as penning an article about autism awareness inspired by their morning pages, which they would not have had the presence of mind to do otherwise ([00:28:43](#)).

- **Beverly's Emotional Discoveries:** Beverly shared that they also had difficulty remembering childhood details and that the week had prompted significant focus ([00:31:24](#)). The shame section of the book led them to realize that their perception of "overly confident" people as "braggy" might actually mask an envy of that confidence. They also recognized a strong need to act as a "fixer/rescuer," which triggered a memory of trying to rescue injured birds as a child ([00:32:23](#)).
- **Journaling Style and Overcoming Shame:** Beverly questioned if their writing style, which was more of a diary, was appropriate; Abigail Barnes confirmed there is no right or wrong way to write, as the pages are meant to process whatever is currently happening. Abigail Barnes discussed shame as a major concept, suggesting participants ask "says who?" to challenge inherited beliefs and thoughts ([00:35:12](#)). Keith Hare recommended fueling the morning pages with three ideas daily: something to love, something to change about oneself, and something annoying one has no control over, to avoid the writing becoming merely a diary ([00:40:09](#)).
- **Beverly's Artist Date and Self-Care:** Beverly's artist date was at a large Christian retreat with beautiful grounds, where they made progress by spending twice as long there as the previous week, although they were initially daunted by the size ([00:45:40](#)). They reflected on the task of doing one "nice thing" for themselves every day and found it difficult to define what that was, settling on having a bath and realizing they need to make a list of choices ([00:48:17](#)).
- **Bonus Homework Assignment:** Inspired by Beverly's difficulty in defining self-care, Abigail Barnes assigned a bonus homework task for everyone to share five things they could do for themselves in the WhatsApp group to brainstorm and offer ideas ([00:49:35](#)) ([00:52:43](#)). Examples of self-care mentioned included listening to a favorite childhood album without distraction (Keith Hare), taking a hot bath with candles, walking in nature, and reading a pleasure book (Sarah Mason) ([00:50:48](#)) ([00:53:33](#)).
- **Future Plans and Closing Thoughts:** Sarah Mason shared a personal goal, inspired by the morning pages, to return to learning to play the piano, a passion from their childhood. Abigail Barnes emphasized the value of sharing self-care ideas because individuals may discount activities they already do, and they agreed to support each other's efforts ([00:53:33](#)) ([00:55:27](#)). The meeting concluded with a final thought on the overwhelming amount of data consumed daily (16 movies' worth, compared to a lifetime's worth in the 15th century), highlighting the course's value in clearing the noise to reconnect with one's heart and voice ([00:45:40](#)).

- **Discussion of Self-Care Activities:** Sarah Mason, Beverly, and Keith Hare discussed various forms of self-care and treats, including preparing healthy meals, going to the gym, and getting facials and manicures. Sarah Mason expressed that they enjoy preparing healthy meals as a "lovely thing for their body". The group considered beauty treatments such as facials and pedicures, with Keith Hare mentioning that their wife has encouraged them to get their feet done ([00:57:45](#)).
- **Upcoming Focus on Integrity and Group Participation:** Abigail Barnes transitioned the conversation to the upcoming week's topic, which is integrity, marking it as week four. Abigail Barnes encouraged participants to be more interactive and supportive in the WhatsApp group by "encouraging each other, inspiring each other, [and] sharing all of the things". The increased sharing is intended to provide reminders that everyone is "figuring this out as we go along" ([00:57:45](#)).
- **Meeting Conclusion and Farewell:** The meeting concluded with participants sharing their anticipation for the next week's session. Sarah Mason, Keith Hare, and Beverly all offered thanks and good wishes to the group ([00:57:45](#)).