

Summary

The Artist's Way group reviewed Weeks 4 and 5, focusing on integrity and overcoming resistance with morning pages and habit stacking.

Week 4 Integrity Review

The week 4 theme of integrity, connected to identity and authenticity, was introduced alongside a review of program components, including progress trackers and self-evaluations. Integrity was defined through a personal example of decluttering possessions, revealing emotional blocks linked to self-identity.

Morning Pages and Resistance

Participants shared varied experiences with the core tasks, with Keith and Aurelie highlighting the morning pages as non-negotiable creative fuel, and Alun exploring a 4 a.m. wake-up to cement the habit. The difficulty of the reading deprivation task was discussed, concluding that a modernized digital detox provides a more relevant exercise for overcoming numbing behaviors.

Growth Through Inner Work

The discussion connected internal integrity struggles with growth, with Sarah describing the week as an uncomfortable but deeply resonant soul-searching experience, leading to the rediscovery of buried dreams. Alun's tapping session uncovered inner child damage related to seeking safety outside of relationships, preventing them from reaching their full potential.

Details

- **Introduction and Attendance:** The meeting began with Abigail Barnes greeting attendees, including Aurelie Mason-Perez and Alun, while noting that an AI note-taker was being removed. Keith was expected to arrive later, and Beverly

and Sarah were unable to attend the beginning of the call due to prior commitments ([00:00:00](#)).

- **The Artist's Way Journey Context:** Abigail Barnes emphasized that participants are at various stages of their personal journeys, and there is no expectation of being "ahead" or "behind" in the course. She noted that The Artist's Way course impacts individuals differently over time, mentioning that her second time through the course is "hitting" them in a "totally different way" than in 2021 ([00:02:22](#)).
- **Course Review and Structure:** Abigail Barnes shared slides to formally begin the review of week four and the setup for week five of The Artist's Way course. They identified themselves as an award-winning entrepreneur and a time management author who focuses on transformation coaching and productivity ([00:03:36](#)).
- **Weekly Themes and Authenticity:** The course themes covered thus far include safety (Week 1), identity (Week 2), power (Week 3), and integrity (Week 4). The course aims to help participants recover and remember who they "incarnated on this planet to be" by encouraging them to live from a place of authenticity ([00:05:19](#)).
- **Program Components and Tracking:** The program includes a weekly setup call, weekly meetings for review and sharing, and an online portal with video replays and AI notes. Participants have access to a weekly progress tracker, a WhatsApp community, and pre- and post-self-evaluations to track progress ([00:06:38](#)).
- **Recognizing Progress and Vulnerability:** Abigail Barnes spoke about the importance of recognizing progress, noting that feeling like "nothing's happened" might indicate that one is letting the journey take them rather than paddling against the current. They encouraged participants to use the WhatsApp group for sharing vulnerabilities, struggles, and celebrations, as "vulnerability creates connection" ([00:07:45](#)).
- **Week 4 Reading and Task Approach:** For Week 4, participants were assigned pages 78 to 90, the morning pages, the artist date, and the chapter tasks. Abigail Barnes advised that if the tasks are overwhelming, participants should focus on those that resonate, but also pay attention to any tasks they are resisting, as resistance often indicates the most significant areas for learning ([00:08:54](#)).
- **Discussion on Integrity and Decluttering:** Abigail Barnes provided a personal example of integrity, describing an emotional fight with their sister over a

shared designer blazer that had been gifted to them ([00:11:27](#)). This incident led them to realize that their wardrobe was full of items given by others, prompting them to question their own style and identity, connecting the decluttering process with self-integrity ([00:13:36](#)).

- **Initial Struggle with Reading Deprivation:** Abigail Barnes shared their difficulty with the reading deprivation activity, noting that they only managed one day before automatically picking up a book again. They framed the entire week's theme of integrity as fundamentally about "who am I," connecting it to identity and decluttering habits ([00:14:48](#)).
- **Keith's Update on Morning Pages:** Keith began their update by describing their morning pages as their "creative fuel," which sometimes leads to them developing articles or other content from their initial writings ([00:15:48](#)). They noted that this week they completed the pages every day except one and are already filling up their notebook ([00:17:03](#)).
- **Keith's Challenges and Future Plans:** Keith identified the most challenging part of the week as struggling to engage with the chapter on integrity and failing to go on an artist date ([00:18:00](#)). They plan to go on an artist date in London the following week to tighten up their discipline and suggested doing the reading deprivation during a holiday period due to their need to read articles daily for work ([00:18:56](#)).
- **Keith's Decluttering Philosophy:** Keith shared that they and their wife have different approaches to possessions, with them preferring to dispose of items. They described their practice of "automatic decluttering" by sending clothes they do not wear to charity in Malawi, and recently giving away musical gear to people who could make better use of it ([00:20:02](#)).
- **The Function of Morning Pages:** Abigail Barnes and Keith discussed the purpose of the morning pages, with Keith relating the exercise to "yoga for the brain" and a mental warm-up ([00:23:04](#)). Abigail Barnes emphasized that the pages are intended to get worries, thoughts, and questions out to "clear the deck" for the rest of the day, acknowledging that they sometimes resist this function ([00:22:05](#)).
- **Alun's Morning Pages Habit and Success:** Alun admitted that the morning pages have not become a set habit yet, and they are exploring adjusting their sleep schedule, possibly attempting a 4 a.m. wake-up, to find a better time for the pages ([00:24:02](#)). They were inspired to commit to the pages after speaking with a friend, a successful music producer, who has been doing them consistently for three years ([00:25:06](#)).

- **Alun's Decluttering and Money Mindset:** Alun has started decluttering clothes, acknowledging that they struggle to let go of possessions due to a "relationship with the things that I have" ([00:26:16](#)). Their previous artist date was a "Millionaire Mindsets" course that focused on decluttering one's relationship with money, which included a dramatic activity involving the potential burning of cash to highlight money psychology ([00:27:20](#)).
- **Alun's Artist Date and Emotional Freedom Technique:** Alun's most recent artist date was a visit to a Buddhist center in Wellingborough, which included meditation and chanting ([00:29:24](#)). They also discussed using Emotional Freedom Technique (EFT), or tapping, to address a blockage they identified concerning their relationship with money and, more deeply, their relationships with people ([00:30:22](#)) ([00:32:37](#)).
- **Alun's Realization of Inner Child Damage:** Alun explained that their tapping session uncovered a feeling of being safer outside of relationships, which they connected to childhood experiences of their parents fighting ([00:32:37](#)). They realized that their "inner child" has been preventing them from reaching their full potential, often hearing a negative voice that says, "You'll never do that," linking this to their "buried dreams" ([00:33:50](#)).
- **Habit Stacking and Sustainability:** Abigail Barnes affirmed Alun's sharing and emphasized that integrity is about doing what one says they will do for themselves ([00:34:47](#)). They suggested using "habit stacking," such as linking the morning pages to daily meditation, to make new habits more achievable ([00:35:53](#)).
- **Sarah's Experience of Uncomfortable Shifts:** Sarah Mason shared that they "absolutely loved this week," despite finding it "hugely uncomfortable" as it "dug deep into [their] soul" ([00:38:20](#)). They noted that the week's theme resonated deeply, questioning where they were in their life and experiencing moments where they felt "unnerved" about potentially turning their life upside down ([00:39:35](#)).
- **Rediscovering Buried Dreams:** The dreams exercise was particularly interesting for Sarah, as they discovered many things they had always wanted to do but had somehow let "disappear off [their] think list" ([00:39:35](#)). They recognized that the key was not to turn their life upside down, but to realize that there are things they should bring back into their life ([00:40:51](#)).
- **Sarah's Professional Stagnation and First Step:** Sarah looked at a situation in their professional life that has felt stuck for years, connecting the stagnation to fear of judgment, criticism, and rejection. Their conclusion was the need to

"just take the first step" towards the project they want to get off the ground ([00:41:51](#)).

- **Sarah's Library Artist Date and Musical Realization:** Sarah's artist date was at a municipal library in the center of Tour, a place they had forgotten they loved ([00:42:55](#)). While there, listening to music, they realized a buried desire to learn the violin, an instrument they played in school but gave up after being discouraged by their parents ([00:44:17](#)).
- **Revisiting the Reading Deprivation Task:** Sarah and Keith questioned the relevance of the reading deprivation task in a modern context, as reading is essential to their jobs ([00:50:39](#)). Abigail Barnes contextualized the task, noting that the book was written in the 1990s before the prevalence of phones and constant information consumption ([00:51:40](#)).
- **Modernizing the Deprivation Exercise:** Sarah suggested that the modern interpretation of the reading deprivation could be removing one's phone from the office, avoiding social media, or removing other distractions that act as "numbing out" behaviors ([00:53:14](#)). Keith concurred, citing their successful digital detox from the previous September, which dramatically reduced distractions and created more "head space" ([00:55:24](#)).
- **Aurelie's Catch-Up Status:** Aurelie Mason-Perez reported that they have not started Week 4, as they are currently playing catch-up and are on Week 2. However, they stated that writing their morning pages is a non-negotiable part of their routine, even if they write them in the evening, as they have been doing them for about five years ([00:57:29](#)).
- **Aurelie's Commitment to Morning Pages:** Aurelie Mason-Perez ensures they write a minimum of three pages, even when busy, because they recognize how it shifts their brain and generates ideas ([00:58:23](#)). They have also downloaded the audio book to help them keep up with the reading, having struggled in the past to get past Week 1 of the book ([00:59:26](#)).
- **Reflection on Creative Practice and Self-Judgment:** Aurelie Mason-Perez shared that they took a solo "artist day" by visiting a wellness spa, reading magazines, and doing hot and cold plunges instead of attending a scheduled taping. They expressed feeling like a failure for not completing all the weekly tasks, despite continuing with morning pages, noting that continuing their routine did not feel like an extra challenge but rather a stricter adherence to a seven-day-a-week commitment ([01:00:27](#)). They also reflected on over-pressuring themselves regarding "dates," realizing that a simple act like ordering takeaway or getting lost in a Waterstones bookstore could qualify as a date and provide a necessary "mini reset" from work stress ([01:01:29](#)).

- **The Challenge of Digital Detox and Creative Drive:** Aurelie Mason-Perez and Sarah Mason discussed the difficulty of a full digital detox in the modern era, with Aurelie Mason-Perez acknowledging that asking people to avoid social media, TV, and podcasts is a significant challenge ([01:02:22](#)). Aurelie Mason-Perez admitted to struggling with "doom scrolling," noting that it leads to self-comparison and prevents them from wanting to engage in creative tasks, which is counter to their goal of finding "something more" in their creative industry. They plan to catch up on the book by listening to it on Audible, particularly during their upcoming 42-kilometer marathon in Rome, and then integrate the tasks with their journaling ([01:03:35](#)).
- **Advice on Task Management and Resistance:** Sarah Mason and Abigail Barnes advised Aurelie Mason-Perez that they do not need to complete every task, and Abigail Barnes suggested picking the task they feel the most resistant to first, as growth often lies in overcoming resistance. Abigail Barnes emphasized that it is a "fallacy" that one must complete the entire program from start to finish, and the whole point of the 12 weeks is the experience of going through it, not necessarily following every step linearly ([01:05:28](#)). They suggested that Aurelie Mason-Perez might be a "manifesting generator" in human design, someone who stops reading a book once they have extracted what they need ([01:06:22](#)).
- **Discussion on Habits and Incremental Gains:** The conversation shifted to habits, with Abigail Barnes discussing the importance of recognizing when one is using distractions (like news consumption) and focusing on "tiny little 1% gains" ([01:06:22](#)). Keith Hare highly recommended the book **Atomic Habits** by James Clear for its impact on developing micro habits and compounding interest in routines, citing the practice of laying out clothes the night before to overcome resistance to early morning wake-ups ([01:07:21](#)). Sarah Mason affirmed the value of **Atomic Habits**, noting they frequently revisit it for reminders ([01:09:10](#)).
- **Weekly Review and Closing Remarks:** Abigail Barnes recommended Keith Hare also look into **Tiny Habits** by BJ Fog for a deeper scientific perspective on the subject. Abigail Barnes then wrapped up the current week's session, stating that next week's focus will be "recovering a sense of possibility" and covers pages 91 to 104 ([01:09:57](#)). They reiterated the importance of daily pages, recommending a seven-day practice for those who are "all or nothing," and encouraged the use of the WhatsApp group, trusting the process, and remembering the mantra "progress beats perfect" ([01:11:06](#)). Alun shared a fun update with the group, sending pictures related to their "inner child" and their adjustment date with monks ([01:12:58](#)).

