

# Week 5\_The Artists

## Way\_2026/03/22

### Summary

The course transition from "possibility" to "abundance" featured personal realizations of self-sabotage via overcommitment and work dominance.

### Reviewing Week 5 Possibility

Week 5 focused on recovering a sense of possibility, using tools like morning pages, and analyzing the virtue trap which identifies unconscious self-sabotaging beliefs. A core concept was recognizing the need to stop fighting the current and start trusting the flow of "finding the river."

### Insights on Self-Sabotage

Beverly realized a self-destructive pattern of doing things for others at their own detriment, with a belief that staying blocked prevents failure and disappointment. Sarah identified an unsettling imbalance where work serves as a shield for control and comfort, highlighting that their life lacks balance.

### Gifted Challenge and Week 6

Participants were gifted a free place in the 10-day "find your missing hour challenge" running from April 10th to the 20th to track time and identify non-essential tasks. The upcoming Week 6 chapter will focus on "recovering a sense of abundance," encouraging participants to complete chapter tasks and an artist date focused on fun activities.

Link to the Challenge:

<https://abigailbarnes.aweb.page/10-day-time-control>

## Details

- **Course Overview and Weekly Focus:** The participants are engaged in The Artist Way 12-week course, having completed week five, which focused on "possibility," and are now moving into week six, centered on "abundance". The week five focus involved "recovering a sense of possibility," performing morning pages, completing confronting chapter tasks, and going on artist dates, with replays and AI notes available in the training area ([00:00:00](#)). Attendees were reminded to use the WhatsApp group to share their realizations, celebrations, struggles, and sources of pride, reinforcing the collaborative nature of the journey ([00:01:39](#)).
- **Key Concepts of Week Five:** Week five involved discussing topics such as self-destructive behavior, whether one's life serves themselves or others, and the results of the virtue trap quiz, which addressed unconscious beliefs and self-sabotage ([00:01:39](#)). A core concept discussed was "finding the river," which involves trusting the flow and ceasing to fight or paddle against the current, encouraging participants to "stop fighting the river" and "get in the river" ([00:02:51](#)). The discussion also covered the "virtue trap," which questions if people are over-committing to helping others to the detriment of their own need for active rest and self-recharge ([00:04:06](#)).
- **Beverly's Week: Forced Rest and Self-Realization:** Beverly shared that they had an insightful but challenging week after sustaining a knee injury, which they saw as the universe forcing them to rest after struggling not to be active ([00:05:14](#)). Through the chapter "finding the river," Beverly realized that they were doing things for everyone else at their own detriment and felt resentful, noting they had "forgotten the importance of myself" ([00:06:33](#)). The wish list exercise was eye-opening, revealing many unacknowledged desires, leading Beverly to recognize they had "forgotten how to be happy" and struggled with doing one nice thing for themselves daily ([00:08:00](#)).
- **Beverly's Virtue Trap and Fear of Failure:** Beverly noted that their payoffs for "staying blocked" included not failing, as not doing something means they "don't disappoint anybody especially myself" ([00:09:17](#)). They found the virtue trap exercise, which reminded them of the life's wheel, quite sad, noting they were realizing they are shedding layers and "becoming who I'm meant to be" ([00:10:35](#)). Abigail Barnes acknowledged Beverly's self-awareness, stating that "consciousness is a privilege" and that this journey is about stripping back and recreating life the way they desire it ([00:13:13](#)).
- **Sarah's Week: Work Dominance and Lack of Balance:** Sarah Mason found the chapter comfortable due to previous work with concepts like putting on one's

own oxygen mask, but its concepts still served as a "big reminder" of things they had previously ignored (00:15:42). Sarah's biggest realization was the dominant and unsettling role of work in their life, noting they had been "hiding behind my work for ever". This imbalance was highlighted during their daughter's visit, where Sarah struggled to stop juggling responsibilities, leading to the realization that their life lacks balance, and their "river is very choppy" (00:17:00) (00:19:53).

- **Analysis of Work as a Shield:** When questioned about how being busy with work serves them, Sarah admitted that work is where they feel in control and comfortable, and they use their Mac as a "place to hide" to be left alone (00:21:09). Abigail Barnes explained that people do everything for two reasons: seeking something and avoiding something, with Sarah potentially seeking validation or praise that was lacking in childhood (00:22:45). Abigail Barnes noted that the current "unsettlement" is a positive sign that Sarah's soul is no longer prepared to ignore the issue (00:23:55).
- **Gifted Challenge: Find Your Missing Hour:** Abigail Barnes offered all program participants a free place in a 10-day "find your missing hour challenge," which runs from April 10th to the 20th and involves tracking their time for seven days. The purpose of the challenge is to help participants see "creep" where time is spent on non-essential tasks and to confront the realization that they are the cause of their own busy work (00:25:13) (00:27:27). Abigail Barnes suggests traffic-lighting to-do lists, prioritizing activities that are making money or leading to money, and designating admin tasks as a third priority, as "a business without a revenue stream is a river without water" (00:26:09).
- **Discussion on Time Management and Prioritization:** Abigail Barnes emphasized that every action is done for a reason, suggesting Beverly question why they feel the need to "cram so much in" and what they are avoiding by being busy (00:28:43). The discussion extended to recognizing the cost of time, both monetary and in terms of life value, such as not being able to enjoy leisure activities due to wasted time on irrelevant tasks (00:29:45). Sarah questioned if an hour spent cleaning up computer files was a good use of time, to which Abigail Barnes responded that while it was a consequence of lacking a plan, putting a protocol in place to save, delete, or move files immediately would prevent future headaches (00:34:10) (00:38:05).
- **Setting Up for Week Six: Abundance:** Abigail Barnes set the stage for the next chapter, which will focus on "recovering a sense of abundance," reading pages 105 to 115, continuing with morning pages and artist dates, and completing chapter tasks (00:41:24). For the upcoming artist date, a challenge was set to do something "fun rather than artistic," with suggestions including finding a

local chocolatier or candlemaker, or planting seeds like cress to emphasize that growth takes time and "progress beats perfect" ([00:42:32](#)). The information regarding the "find your missing hour challenge" sign-up link will be distributed for participants and recommended contacts ([00:42:32](#)).