

Week 6_The Artists

Way_2026/03/29

Summary

Halfway point review explored abundance and luxury definitions with shared stories on money, debt, and creative recovery impact.

Abundance, Pages, and Luxury

The week's focus centered on recovering abundance, discussing the source of money, the concept of luxury, and financial observer status via the money madness exercise. A decision was made to implement an accountability plan with Alun to restart morning pages on Tuesday morning at 5:00 a.m. with habit stacking.

Money Journey and Generosity

Keith Hare described paying off a £75,000 debt to gain understanding of money's emotional component, sharing that generosity and giving is their greatest benefit of spending. Sarah Mason recounted fluctuating finances, acknowledging a lack of balance, and defined luxury as time with loved ones.

Habit Stacking and Course Break

The group discussed strategies for consistent morning pages, emphasizing the bedtime routine and setting up the night before. The group will not meet next week due to the holiday but will engage with week 7 material remotely, focusing on recovering a sense of connection.

Details

- **Course Status and Introduction to Abundance:** Abigail Barnes welcomed the participants to week six of "The Artist's Way" course, marking the halfway point, and introduced the week's theme: recovering a sense of abundance

([00:06:24](#)). They asked participants to mute their microphones for the conversation and noted that all necessary training materials and communication are available through the training area and the WhatsApp group ([00:07:42](#)).

- **Mindset Shift and Pages Streak:** Abigail shared that they had experienced a mindset shift during the week and were looking forward to hearing others' experiences. They admitted to missing their streak of writing the morning pages after starting work immediately upon waking, disrupting their usual routine of meditating before writing, which highlighted the previous week's discussion on habit stacking and rituals ([00:08:56](#)).
- **Discussion Topics for the Week:** The key discussion points for the week focused on recovering a sense of abundance, including the concept of a great creator and the source of money, the idea of luxury beyond high-end designer goods, and the creative abundance that extends beyond monetary value. Abigail also mentioned the money madness exercise and the importance of becoming an observer of spending habits to make unconscious actions conscious ([00:10:03](#)).
- **Abundance Mindset and Luxury:** Abigail posed several reflection questions for the group, including their biggest realization, what they noticed about their spending, what constitutes luxury, and how their mindset might limit their abundance ([00:11:16](#)). They also asked how being halfway through the course had affected them ([00:12:23](#)).
- **Keith Hare's Money Journey and Financial Planning:** Keith Hare shared their professional background in financial planning and helping families manage their relationship with money. They recounted a personal story of accumulating significant debt (£75,000) during their first marriage, which they hid from their spouse, and the subsequent four years they spent paying it off alone after separating ([00:13:18](#)). This experience provided them with a firsthand understanding of money from both a challenging and an abundant perspective ([00:15:55](#)).
- **The Emotional Component of Money:** Keith explained that their personal journey, from being deeply in debt to achieving financial abundance through building and selling businesses, was linked to a mission to educate people about the emotion of money ([00:14:38](#)). They noted that money does not inherently lead to happiness, but achieving financial stability facilitated their creativity, allowing them to focus on writing music ([00:15:55](#)).
- **Reflections on Past vs. Present Views of Money:** Keith's biggest realization for the week was the fundamental difference in their views on abundance and

money between 20 years ago and today, with their past self being fearful and jealous, and their current self being more balanced ([00:16:58](#)). They noticed in their spending log that, apart from normal family expenses, they were not frivolous ([00:18:09](#)).

- **The Joy of Giving and Defining Luxury:** Keith shared an example of spending money well by personally funding a third prize at a Coventry University Dragon's Den panel, which gave them great enjoyment ([00:19:21](#)). They concluded that the greatest benefit of being able to spend money well is giving it to others, and their personal luxury is technology, such as new keyboards or music software ([00:20:27](#)).
- **Course Impact and Spiritual Concerns:** Keith felt the course had taught them to recognize and dedicate time to their inner creative self, such as through a scenic drive, and they loved the pages ([00:21:28](#)). They admitted to struggling with the continuous referencing to God, noting that while they lean toward the existence of a greater power, the book seems to be leading the reader in a certain direction ([00:22:45](#)).
- **Alun's Background and Money History:** Alun apologized for earlier interruptions and opened up about their relationship with money, which stemmed from a background of real poverty, including parents hiding from the rent collector and growing up in a council estate ([00:23:56](#)). They were the first in their family to achieve a master's degree, viewing this as having "dug their way out of the hole" ([00:26:23](#)).
- **The Creator and Wealth Mentality:** Alun shared their belief that plugging into a "universal creator" can provide a flow of ideas and help them utilize opportunities to improve their financial standing ([00:26:23](#)). They read aloud a list of "Attitudes of Wealth" from a "millionaire mentality" course, which includes affirmations about creating financial success and being a generous giver ([00:28:41](#)).
- **Financial Management and Luxury:** Alun confirmed that they track their spending and have already incorporated wealth habits, such as moving 80% of their earnings into different accounts, from a previous course ([00:29:55](#)). They defined their luxury as spending 20% of their earnings on themselves each month, which removes worry when going out for dinner ([00:30:50](#)).
- **Value of the Course and Commitment to Morning Pages:** Alun noted that the course has provided them with the opportunity to spend time with the group, which they find to be a powerful mastermind ([00:31:50](#)). Due to a demanding schedule involving a course and work, they have not been able to complete

the course work but committed to starting their morning pages again, requesting the group's accountability starting Tuesday morning ([00:33:12](#)).

- **Habit Stacking and Bedtime Routine:** Abigail and Alun developed an accountability plan for Alun to start their morning pages on Tuesday morning at 5:00 a.m ([00:34:22](#)). They suggested habit stacking by placing the notebook and pen right next to the bed to facilitate immediate writing upon waking, preventing excuses or distractions ([00:35:29](#)).
- **Tips for Consistent Morning Pages:** Keith offered additional tips for consistent pages, emphasizing the importance of the bedtime routine, such as not using a phone alarm and avoiding late-night coffee or alcohol ([00:39:57](#)). Abigail recommended the book **Why We Sleep** by Matthew Walker and reiterated that setting up for success the night before is key ([00:41:08](#)).
- **Sarah Mason's Relationship with Money:** Sarah Mason related to both Alun and Keith, describing their relationship with money as "fascinating" and fluctuating between having it and losing it, noting that they had been on the verge of bankruptcy ([00:42:07](#)). They maintained an abundant mindset, believing money always comes when needed, but lacked balance ([00:43:00](#)).
- **Spending Habits and Generosity:** Sarah recognized herself as a spender and identified the origin of this habit in their early life, which included a childhood that felt fun despite having an outside toilet and being poor ([00:45:28](#)). They recounted giving away a substantial amount of money after their divorce due to guilt, and their generosity is now "ridiculous," often spending money on others ([00:46:42](#)) ([00:50:16](#)).
- **Current Financial Situation and Luxury Definition:** Having hit 60, Sarah is feeling uneasy about their financial status, having spent their private pension but still owning a flat in London which serves as an important family hub ([00:47:56](#)). They defined luxury not as material possessions but as time spent with loved ones ([00:51:17](#)). Sarah admitted they do not check their bank account, as illustrated by a spontaneous and expensive artist date in Paris ([00:52:35](#)).
- **Shared Philosophy on Giving:** Keith shared Sarah's love of spending on other people, citing an example where they paid for a villa and bike hire for a charity cycle tour so participants could donate all their raised funds ([00:53:30](#)). They noted that their route to "selfishness" is making other people happy, which is different from sacrificing their own pleasure as a people pleaser ([00:54:30](#)).

- **Creativity and Course Impact:** Sarah noted that the course has encouraged them to stop and reconsider their definition of creativity beyond drawing or painting. It has been a reminder to look at their life differently, focus on who they are, and bring fun back into their life, addressing their tendency to always prioritize work ([01:03:51](#)).
- **Personal Benefits from Artistic Practices:** Sarah Mason shared that they feel more spontaneous and fun again by incorporating artistic practices, such as the artist date and morning pages, which involved going back to activities they used to love but had stopped doing. Abigail Barnes praised this perspective as a fantastic testimonial for the positive outcomes of the creative recovery process ([01:05:23](#)).
- **Upcoming Schedule and Holiday Interval:** Abigail Barnes announced that they will not be meeting up next week due to an upcoming holiday ([01:05:23](#)). The group will instead engage with the material for week seven remotely and will reconvene for week eight on April 12th ([01:07:39](#)).
- **Creative Recovery for Week Seven:** The focus for week seven will be "recovering a sense of connection," which requires reading chapter 7 (pages 116 to 128), completing morning pages, and going on an artist date. When tackling the week's tasks, participants were advised to start with the task they have the most resistance to ([01:06:31](#)).
- **Remote Session Plan for Week Seven:** There will be no group call next week; instead, Abigail Barnes will record a "mini intro session" and send it via email and post it in the group ([01:06:31](#)). The best way for everyone to stay engaged is to use the WhatsApp group, where Abigail Barnes will post questions for participants to answer via audio message, keeping the messages concise ([01:07:39](#)).
- **Encouraging Group Interaction and Personal Experimentation:** Participants are encouraged to continue sharing photos, updates, and personal creative expressions in the group, referencing the inspiring videos shared by Keith Hare and pictures from Alun ([01:07:39](#)). Abigail Barnes encouraged the group to trust the process, have fun, experiment with different routines, and continue taking artist dates, suggesting that they are a key part of the process ([01:08:50](#)).
- **Offering One-on-One Support and Personal Time Focus:** Abigail Barnes reminded the group that one-on-one sessions are always available for more in-depth conversations, particularly for those who need help structuring their schedules or plans using a combination of time management expertise and the artist date overlay ([01:08:50](#)). The concluding thought for the meeting was

a reminder that every day offers 24 hours of personal time, encouraging everyone to pursue their dreams ([01:08:50](#)).