

Week 7_The Artists

Way_2026/04/05

Summary

Week 7 review and Week 8 planning covered connection recovery, mandatory voice note check-ins, and the transition to recovering strength.

Connection and Course Logistics

Participants reviewed Week 7 materials focused on connection recovery and were encouraged to use the WhatsApp group for vulnerable sharing. The group must complete morning pages, chapter tasks, and artist dates for weekly progress.

Perfectionism and Emotional Processing

Discussion centered on how perfectionism, the fear of mistakes, and unconscious beliefs control individuals, often stemming from childhood trauma. Exercises included analysing jealousy and an archaeology exercise to uncover suppressed origins of artistic expression.

Mandatory Check-in and Week Eight

The online format was replaced by a mandatory voice note check-in to the WhatsApp group by Sunday or Monday, answering 4 specific reflection questions. Week 8 will focus on recovering a sense of strength, requiring reading pages 129 to 149 and completing daily homework.

Details

- **Week Seven Review and Course Logistics:** The week seven review and week eight setup call for The Artist's Way 12-week course focused on recovering a sense of connection. All necessary course materials are available in the training area, and participants are encouraged to use the WhatsApp group to share celebrations, struggles, and realizations, as vulnerability builds connections. Participants were expected to complete their morning pages, chapter tasks, and artist date during the past week ([00:00:00](#)).
- **Exploring Connection, Perfectionism, and Risk:** The chapter focused on recovering connection, advising participants to use morning pages and the artist date to listen to their inner artist, noting that the inner voice will grow louder as they tune into themselves ([00:02:09](#)). Discussion also covered perfectionism, the fear of making mistakes, and limiting beliefs, suggesting that a large part of what controls a person is unconscious ([00:03:17](#)). Unconscious beliefs often stem from "childish" trauma, and becoming aware of these operating beliefs is the key to rewiring them, although the process can be uncomfortable ([00:04:58](#)).
- **Processing Emotions and Past Experiences:** The week's exercises centered around jealousy and an "archaeology exercise" focusing on the artist child. Jealousy exercises help individuals understand the emotions and the need for control that arise when observing things, while the archaeology exercise helps uncover the origins of artistic expression that may have been suppressed by external messages ([00:07:21](#)). Identifying these "misconnections" allows one to reconnect with a higher truth, which is a process that takes time ([00:08:31](#)).
- **Mandatory Week Seven Check-in via Voice Note:** The online meeting format is altered for this week, requiring participants to submit a voice note to the WhatsApp group answering four specific questions by Sunday or Monday ([00:09:43](#)). The required questions are: their biggest realization this week; what they would try despite perfectionism; what jealousy taught them; and what buried childhood stories they uncovered doing the archaeology exercise. Participants are reminded to be vulnerable and honest in the non-judgmental, confidential group setting ([00:11:25](#)).
- **Transition to Week Eight: Recovering a Sense of Strength:** Week eight will focus on "recovering a sense of strength," requiring participants to read pages 129 to 149 of the course material. Homework includes completing daily morning pages (three pages of notes), going on an artist date, and completing the chapter tasks, specifically starting with the tasks they are most resistant

to [\(00:12:42\)](#). The group will review their week on Saturday and meet again live online on Sunday, April 12th, to discuss week eight [\(00:14:16\)](#).

- **Course Resources and Final Reminders:** Participants are encouraged to use the WhatsApp group for connection and accountability and remember the mantra that progress is more important than perfect results. They may also book one-to-one calls with Abigail Barnes to discuss individual progress, career, or business applications, with links available in the online training area [\(00:17:12\)](#).