

Week 8_The Artists

Way_2026/04/12

Summary

A focus on defining art, embracing authenticity, and setting ambitious goals.

Week 8 Review and Insights

Beverly struggled with Week 8 exercises, realizing a lack of childhood memories and a limited view of the term 'artist,' which was challenged to include broader daily creativity. Keith Hare had a successful week, where a beach artist date inspired a 'bottomless well' concept of creativity that immediately improved their creative work speed.

Goal Setting and Source Connection

Keith Hare revealed their Big Hairy Audacious Goal of taking musicians from Malawi on a month-long tour of Barbados to gain critical acclaim for Afrobeat and Amapiano music. The discussion emphasized focusing on the 'what' of the goal rather than the 'how' and connecting to a constant creative 'source of all that is'.

Details

- **Review of Week Eight Topics:** Week eight focused on "recovering a sense of strength," following weeks dedicated to abundance and connection. The chapter topics included artistic survival, ivory power, gain disguised as a loss, age and time (product and process), filling the form, early patterning, and affirmations ([00:01:12](#)).
- **Beverly's Struggle with Week Eight:** Beverly reported having a difficult week, noting it was the first time they missed some of the daily pages and struggled with the exercises, particularly the "early patterning" exercise. They consistently realized they have very few childhood memories and are unclear

on the specific details and steps required to reach their long-term goals ([00:02:24](#)).

- **Beverly's Artist Date Experience:** Beverly had a positive experience on their artist date, which was a float tank session. They initially panicked, worrying about small spaces and the coffin-like size, but found the large tank and the weightlessness of the Epsom salt water enjoyable, describing it as their best day yet ([00:03:44](#)).
- **Reframing the Concept of "Artist":** Beverly expressed confusion about the term "artist," as they associate it only with drawing and physical displays, and have always considered themselves "not creative" ([00:05:53](#)). Abigail Barnes suggested expanding the definition beyond binary forms of art, noting that creativity can be observed in everyday actions, such as how one plates food or takes photos ([00:07:08](#)).
- **Beverly's Art Recognition and Homework:** Beverly realized their limited view of art, which has prevented them from recognizing their own creativity, such as their past interest in writing poetry ([00:07:08](#)). Abigail Barnes proposed bonus homework for Beverly: defining the kind of art they see in themselves to shift their perspective and help them embody an artistic identity for the remaining weeks of the course ([00:08:10](#)).
- **Keith Hare's Program Review and Artist Date:** Keith Hare acknowledged having a "bad week" for the program, completing only three days of pages and relying on an activity that was partially a "get out" for their artist date ([00:10:22](#)). Their artist date took place while away at a flat in Yorkshire, where they sat on the beach for an hour, listening to the sea and reflecting on the power of the moon and tides ([00:11:28](#)).
- **Inspiration and Creative Process:** During reflection, Keith Hare developed the concept of creativity as a "bottomless well" of inspiration and resolved not to preempt what might emerge from it ([00:13:32](#)). This new perspective immediately benefited their creative work when they returned home, allowing them to quickly create a music arrangement for a friend in three hours, which would normally take two days ([00:14:33](#)).
- **Childhood Creativity and Parental Influence:** Keith Hare shared that they have vivid childhood memories and noted that their parents, though not traditional artists (their mother knitted and their father was an engineer), fostered creativity by making things ([00:15:36](#)). Their parents never discouraged their musical pursuits but were not critical influences, which Keith Hare now sees as a difference they can bring to their own children ([00:17:47](#)).

- **Successful Creative Marketing:** Keith Hare shared that an article they wrote for Autism Awareness Week, which originated from their morning pages, received nearly 20,000 views on LinkedIn and drove two unsolicited client inquiries for their financial planning business ([00:18:48](#)). Abigail Barnes affirmed that this was an example of "embodied marketing" that worked because it was authentic and tied to a relevant seasonal theme ([00:22:03](#)).
- **The Importance of Being Connected to Source:** Abigail Barnes discussed the concept of connecting to a "source of all that is," noting that this source has many names but leads to one creator. They connected Keith Hare's "well" metaphor to the idea of a constant stream of consciousness that should be listened to and expressed without censorship, which led to their own training content becoming more embodied and infused with purpose ([00:24:24](#)).
- **Generational Gaps in Technology and Knowledge:** Abigail Barnes discussed the generational gap, noting that current careers and interactions—such as using tools like ChatGPT—didn't exist when their parents were raising them. They emphasized the need for gratitude for current opportunities, suggesting that people should remember that their parents "did the best they could with the technology they had at the time" ([00:27:00](#)).
- **Keith Hare's Big Hairy Audacious Goal (BHAG):** Keith Hare revealed their BHAG: flying producers and musicians they support in Malawi (through their charity work with Zambia and Malawi Community Partnership) over to Barbados for a month-long tour of live Afrobeat and Amapiano music ([00:29:33](#)). The aim is to book venues, secure accommodation and flights, and gain critical acclaim for the musicians ([00:30:40](#)).
- **Focusing on "What" over "How" for Goals:** Abigail Barnes advised that the focus should be on "what" one wants, not "how" to achieve it, as the "how" can be solved through various modern resources and people ([00:30:40](#)). They suggested two psychological techniques for determining goals: identifying what one would regret not doing if they died, and identifying what action they would be angry about if they were forbidden to do it daily ([00:31:43](#)).
- **Abigail Barnes's Artist Date and Travel Writing:** Abigail Barnes shared their recent artist date involved a red light therapy bed, where they positively affirmed their health for 15 minutes, followed by a visit to a bookshop ([00:37:33](#)). They realized their artistic interest lies in travel writing and beautifully worded content, purchasing a book compiling historical travel guides that felt like reading poetry ([00:38:37](#)).
- **Review of Week Nine Setup:** Abigail Barnes concluded the formal meeting by reiterating a quote about artistic survival and setting up for week nine, which will focus on "recovering a sense of compassion". They assigned reading

pages 150 to 162, doing morning pages, going on an artist date, and trusting the process ([00:41:32](#)).