

Week 12_The Artists

Way_2026/05/10

Summary

The final course session reviewed creative outcomes via self-reflection and solidified long-term artistic development practices.

Finalizing Course Creative Themes

Participants reflected on 12 weeks of course material, noting that concepts once challenging now feel manageable. The group discussed surrendering control to better access creative intuition.

Individual Creative Progress Review

Attendees shared major discoveries from morning pages and artist dates, identifying barriers like perfectionism and duty. The group affirmed that creative practices significantly increased their content output.

Future Creative Development Plans

Members committed to continuing morning pages to sustain their creative growth and professional leadership. The course successfully reframed the definition of an artist as a continuous journey.

Details

- **Final Course Week Overview and Reflection:** Abigail Barnes welcomed the participants to Week 12, marking the celebration and final review of the book's final chapters, reflecting that what once seemed challenging "is no big deal" after 12 weeks of building deeper understanding. The last week focused on "recovering a sense of faith," which Abigail Barnes interpreted as an invitation

to "relinquish control and trust the process," which can be challenging for those accustomed to maintaining control ([00:00:11](#)).

- **Creative Trust and Idea Hatching:** Abigail Barnes discussed the theme of trusting the process, referencing the idea that creativity comes from an external voice or energy. They cited a story about Michael Jackson feeling the need to write a song immediately before Prince might get it, illustrating the concept that creative ideas may already exist. The topic of "mystery" was also covered, addressing whether ideas are consciously created or if they are simply allowed to "hatch" ([00:01:25](#)).
- **Self-Evaluation and Core Discussion Questions:** The final themes of the week included "escape velocity," which encompasses intention, self-determination, and keeping one's own counsel. Abigail Barnes introduced the discussion questions, sourced from a self-evaluation, emphasizing that self-evaluation is necessary to take oneself seriously, maintain high standards, and lead effectively ([00:02:28](#)). The core questions focused on the biggest discovery from the morning pages, lessons learned from artist dates, and thoughts on identifying as a creative or artist after the 12-week course ([00:03:41](#)).
- **Beverly's Course Discoveries and Artist Date Experience:** Beverly reported their biggest discovery from the morning pages was realizing how random their thoughts can be and that they enjoy getting them on paper, noting patterns of overthinking. Regarding the artist dates, Beverly learned how uncomfortable it is to do something nice for themselves when they feel they should be productive, recalling that they initially lasted only two or three minutes on the beach before feeling compelled to return home for their dogs ([00:05:51](#)). Beverly has grown to enjoy the artist date, stating they recently sat on the beach for ten minutes without discomfort, but they remain uncomfortable calling themselves an artist ([00:07:05](#)).
- **Beverly's Challenges and Commitment to Self-Care:** Beverly struggled with completing the reading and recalled the task focused on writing down "resistant anger and fears". Their main fear was slipping back into doing things out of "duty" rather than enjoyment and love, noting that they realized during the course how much they do out of duty. They also identified perfectionism and procrastination as significant barriers ([00:08:25](#)). Going forward, Beverly intends to continue with self-care activities, such as getting a back massage, Reiki, and foot soaks, and plans to keep up the morning pages, even if they don't write three full pages ([00:11:12](#)).
- **Keith Hare's Rediscoveries and Content Creation Evolution:** Keith Hare described their biggest discoveries from the morning pages as "rediscoveries," noting that they genuinely enjoy writing and that everything they write, even if

seemingly trivial, serves as "fertilizer for future ideas" ([00:14:31](#)). They recognized that writing things down acts as a recycling plant, rekindling connections with past ideas, noting they "forget so much if I don't write it down". Keith Hare shared that the artist date inspired them to move forward with a long-held podcast idea focused on exploring "the other side of people that we don't normally hear about" outside of their professional lives ([00:15:52](#)).

- **Keith Hare's View on Artists and Future Plans:** Keith Hare initially shared Beverly's reservation about being an artist since they don't draw things, but concluded that "everyone's an artist" because they all draw from a creative well ([00:18:47](#)). They feel comfortable calling themselves creative but not an artist, although they state that "I don't really care" about the labels after the 12 weeks, as the course has solidified what works for them. Keith Hare confirmed they will continue doing the morning pages, noting their content output has "quadrupled" due to the rigor and discipline, viewing the pages as a content reservoir and a "diary with a purpose" ([00:19:48](#)).
- **Abigail Barnes's Encouragement for Keith Hare's Content and Leadership:** Abigail Barnes praised Keith Hare's evolution, noting that their writing comes genuinely "from your life, from your experience," which helps people connect and become clients ([00:22:12](#)). They observed that Keith Hare's content has emotion and connection, which is increasingly important with the rise of AI. Abigail Barnes emphasized Keith Hare's position as a leader who can influence and impact others at a high level now that they are entering their 58th year ([00:23:12](#)).
- **Alan's Experience with Morning Pages and Creative Development:** Alan joined the discussion, apologizing for their physical location and technical difficulties, reporting that the morning pages served as a "clearing" for them ([00:25:19](#)). They recognized the importance of the practice for creative people and plan to take the course again, feeling they can gain "an awful lot more from it from a second time" ([00:26:07](#)). Alan shared a story about a friend, a music producer, who had been doing writing pages for over a decade without telling anyone, which helped Alan realize the practice's broad application to creative endeavors beyond writing a book ([00:28:18](#)).
- **Alan's Learnings from Artist Dates and Definition of an Artist:** Alan reported that their artist dates included taking casual walks, meditating, seeing "creativity behind" non-dramatic films, attending a Thai Buddhist retreat, and traveling while enjoying their own presence instead of being carried away by the journey ([00:27:09](#)). Alan, who used to be an artist blacksmith, now sees the definition of an artist as relating to broader creativity, including how they set up their two different clinics and even their personal branding, like growing

a beard ([00:31:28](#)). Alan is now comfortable calling themselves creative, but views creativity as a continuous "journey" of becoming better ([00:33:24](#)).

- **Alan's Future Plans and Course Impact:** Alan plans to continue doing the morning pages and the course again, noting the course has given them ideas for two books—one on business and one on numerology—and they have a strategy session scheduled with Abigail Barnes ([00:33:24](#)). Alan stated the course has made a big difference, changing how they think and act, and noted that even experiences they would have done anyway have been of "so much more quality" ([00:35:14](#)).
- **Concluding Thoughts and Next Course Offering:** Abigail Barnes shared the quote, "You're either losing your mind or you're gaining your soul," which they consider the epitome of the course. They strongly encouraged everyone to complete the self-evaluation, which is beneficial for the participants and provides structure for testimonials ([00:36:12](#)). The next course iteration is scheduled for September 6th to November 22nd and is being offered at an early bird price of \$499 ([00:37:22](#)).
- **Final Encouragements and Course Farewell:** Abigail Barnes emphasized that participants are "the leading edge," urging them to "be cringe" and just "go for it" because if they don't pursue their ideas, someone else will ([00:40:33](#)). They explained that messages often come to people at a certain vibration, meaning if they don't act on the information, it will go to someone else who is open to hear it ([00:39:36](#)). The WhatsApp group will close mid-week, and Abigail Barnes encouraged participants to connect with each other, noting that their being together in the group was "no coincidence" ([00:42:26](#)).
- **Final Appreciation and Emphasis on Upper Limits:** All participants expressed thanks and noted that the experience was challenging but a pleasure ([00:42:26](#)). Abigail Barnes concluded by recommending the book *The Big Leap* by Gay Hendricks to help them recognize their "upper limit". They reiterated that they should be aware of this limit so they can lead themselves and others, urging them to understand that their work is the "leading edge" and to "be cringe" ([00:43:26](#)).