



## THE ARTIST'S WAY WEEK ONE ACTIVITIES

Jan 13, 2021

- 1) Do *Morning Pages* daily.
- 2) Take yourself on an *Artist Date*.
- 3) Review the Introduction, *Spiritual Electricity: The Basic Principles*, *The Basic Tools* and the Appendix.
- 4) Read the 10 Basic Principles (Page 3) each day and notice any changes in beliefs or attitudes.
- 5) Sign and date the *Creativity Contract* (Page 23), or amend it if you like, then sign and date it. Celebrate your commitment with a small ceremony such as buying a nice notebook for your *Morning Pages*.
- 6) Read Chapter One.
- 7) Do the affirmation exercise and begin identifying your blurts and their sources. Write positive affirmations to convert each blurt.
- 8) Work with the Tasks at the end of the chapter. Remember that it's expected that you'll only do about half of the Tasks at the end of each chapter. Select a mix of those that strongly appeal to you and those that you strongly resist.
- 9) We will begin our next class with check-in.