



The Artist's Way Archeology, an Exercise

The phrases below are more of your sleuth work. Very often, we have buried parts of ourselves that can be uncovered by some digging. Now only will your answers tell you what you missed in the past; they will tell you what you can be doing, now, to comfort and encourage your artist child. It is not too late, no matter what your ego tells you.

Complete these phrases.

1. As a kid, I missed the chance to _____
2. As a kid, I lacked _____
3. As a kid, I could have used a _____
4. As a kid, I dreamed of being _____
5. As a kid, I wanted a _____
6. In my house, we never had enough _____
7. As a kid, I needed more _____
8. I am sorry that I will never again see _____
9. For years, I have missed and wondered about _____
10. I beat myself up about the loss of _____

It is important to acknowledge our positive inventory as well as our shortfalls. Take positive stock of what good you have to build on in the present.

Finish these phrases.

1. I have a loyal friend in _____
2. One thing I like about my town is _____
3. I think I have nice _____
4. Writing my morning pages has shown me I can _____
5. I am taking a greater interest in _____
6. I believe I am getting better at _____
7. My artist has started to pay more attention to _____
8. My self-care is _____
9. I feel more _____
10. Possibly, my creativity is _____