



The Artist's Way Basic Tools

MORNING PAGES

Morning Pages are three pages of longhand, stream of consciousness writing, done first thing in the morning. *There is no wrong way to do Morning Pages* they are not high art. They are not even “writing.” They are about anything and everything that crosses your mind– and they are for your eyes only. Morning Pages provoke, clarify, comfort, cajole, prioritize and synchronize the day at hand. Do not over-think Morning Pages: just put three pages of anything on the page... and then do three more pages tomorrow.

ARTIST DATES

The Artist Date is a once-weekly, festive, solo expedition to explore something that interests you. The Artist Date need not be overtly “artistic” — think mischief more than mastery. Artist Dates fire up the imagination. They spark whimsy. They encourage play. Since art is about the play of ideas, they feed our creative work by replenishing our inner well of images and inspiration. When choosing an Artist Date, it is good to ask yourself, “what sounds fun?” and then allow yourself to try it.

WEEKLY WALKS

From Julia's blog: "When I wrote *The Artist's Way*, I got all the way to week 12 and said, 'P.S. Walk.' I have been teaching now for twenty years since the publication of the book, and I now realize that there are three basic tools, not two, and they are Morning Pages, Artist Dates and Walks. I find that if you walk, you start to integrate what has occurred to you from the other tools. You might walk out with a problem, but as you walk, you come into a solution. You just get a different perspective. You go out for a walk, maybe see a cat in a window box, and suddenly hear yourself saying 'Oh, I could try X.' Walking is very powerful."