



**The Artist's Way The Awful Truth**

1. Tell the truth. What habit do you have that gets in the way of your creativity?  
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2. Tell the truth. What do you think might be a problem? (It is.)  
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3. What do you plan on doing about it?  
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4. What is your payoff in holding onto this block?  
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5. Tell the truth. Which friends make you doubt yourself? (The self-doubt is yours, but they trigger it.)  
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6. Tell the truth. Which friends believe in you and your talent? (The talent is yours, but they make you feel it's real.)  
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7. What is the payoff in keeping your destructive friends? (If the answer is "I like them," then ask yourself why.)  
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8. What bad habits do you share with your destructive friends?  
\_\_\_\_\_
9. What good habits do you share with your constructive friends?  
\_\_\_\_\_



10. Working with your answers above, set 5 “Bottom Lines” for yourself. (For example, if you don’t have time for those art classes you’ve been eyeing because your boss constantly emails you with questions/tasks after hours, can you set a bottom line to no longer answer work email past 7pm?)

- 1) \_\_\_\_\_  
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- 2) \_\_\_\_\_  
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- 3) \_\_\_\_\_  
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- 4) \_\_\_\_\_  
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- 5) \_\_\_\_\_  
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