

The Artist's Way: Weekly Check-In

Week One: Recovering a Sense of Safety

Morning Pages

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Days with Morning Pages

How was the experience:

Artist Date

This week I _____

How it felt:

Check-In

Were there any other issues this week that you consider significant for your recovery?

Week Two: Recovering a Sense of Identity

Morning Pages

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Days with Morning Pages

How was the experience? What were you surprised to be writing about?

Artist Date

This week I _____

How it felt:

Check-In

Were there any other issues this week that you consider significant for your recovery?

The Artist's Way: Weekly Check-In

Week Three: Recovering a Sense of Power

Morning Pages

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Days with Morning Pages

How was the experience? Did you skip a day? Why?

Artist Date

This week I _____

How it felt:

Synchronicity What did you experience??

Check-In

Were there any other issues this week that you consider significant for your recovery?

Week Four: Recovering a Sense of Integrity

Morning Pages

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Days with Morning Pages

How was the experience for you?

Artist Date

This week I _____

How it felt:

Synchronicity What did you experience?

Check-In

Were there any other issues this week that you consider significant for your recovery?

The Artist's Way: Weekly Check-In

Week Five: Recovering a Sense of Possibility

Morning Pages

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Days with Morning Pages

How was the experience? Have you discovered the page and a half truth point yet?

Artist Date

This week I _____

How it felt:

Synchronicity What did you experience?

Check-In

Were there any other issues this week that you consider significant for your recovery

Week Six: Recovering a Sense of Abundance

Morning Pages

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Days with Morning Pages

How was the experience? Have you used to them to think about creative luxury?

Artist Date

This week I _____

How it felt. Would you consider a second artist date?

Synchronicity What did you experience?

Check-In

Were there any other issues this week that you consider significant for your recovery

The Artist's Way: Weekly Check-In

Week Seven: Recovering a Sense of Connection

Morning Pages

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Days with Morning Pages

How was the experience? Are you nurturing you artist child with childhood loves?

Artist Date

This week I _____

How it felt: Did you use it to take any risks?

Synchronicity What did you experience?

Check-In

Were there any other issues this week that you consider significant for your recovery

Week Eight: Recovering a Sense of Strength

Morning Pages

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Days with Morning Pages

How was the experience? Have you been tempted to abandon them?

Artist Date

This week I _____

How it felt: Have you been allowing workaholism/other commitments to get in the way?

Synchronicity What did you experience?

Check-In

Were there any other issues this week that you consider significant for your recovery

The Artist's Way: Weekly Check-In

Week Nine: Recovering a Sense of Compassion

Morning Pages

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Days with Morning Pages

How was the experience? Have you allowed a shift toward toward compassion, at least on the page?

Artist Date

This week I _____

How it felt: Have you kept an emphasis on fun?

Synchronicity What did you experience?

Check-In

Were there any other issues this week that you consider significant for your recovery

Week Ten: Recovering a Sense of Self-Protection

Morning Pages

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Days with Morning Pages

How was the experience? Has reading your pages changed your writing? Are you still writing freely?

Artist Date

This week I _____

How it felt: Let yourself do an extra one.

Synchronicity What did you experience?

Check-In

Were there any other issues this week that you consider significant for your recovery

The Artist's Way: Weekly Check-In

Week Eleven: Recovering a Sense of Autonomy

Morning Pages

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Days with Morning Pages

How was the experience? Have you recommended pages to anyone else? Why?

Artist Date

This week I _____

How it felt: Would you schedule an artist's DAY?!

Synchronicity What did you experience?

Check-In

Were there any other issues this week that you consider significant for your recovery

Week Twelve: Recovering a Sense of Faith

Morning Pages

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Days with Morning Pages

How was the experience? Have you accepted them as a permanent spiritual practice?

Artist Date

This week I _____

How it felt: Will you allow yourself these on a permanent basis?

Synchronicity What did you experience?

Check-In

Were there any other issues this week that you consider significant for your recovery