

The Artist's Way

Weekly Action Plan & Reflection Guide

Week _____

Morning Pages Check-In

Track your daily writing practice. Three pages each morning.

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday
- ☐ Sunday

Artist Date Planning

Date: _____

Location/Activity: _____

What draws me to this experience:

Weekly Reflection

Synchronicity Moments

Record meaningful coincidences or unexpected connections:

"Remember: Your creative recovery is a gentle unfolding. Be patient with yourself."