

The Artist's Way

by Julia Cameron

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

- ⁰¹ **Write three pages by hand tomorrow morning**

Before phone, before email, before reading anything: three full longhand pages. No editing, no sharing, no rereading for at least 30 days. Buy the notebook today.

MON TUE WED THU FRI SAT SUN

- ⁰² **Schedule one Artist Date this week**

Pick a two-hour window. Pick a place. Go alone. No companion, no work disguised as play. Put it on the calendar like a doctor's appointment, because it is one.

MON TUE WED THU FRI SAT SUN

- ⁰³ **List five "if it weren't crazy I would..." creative wishes**

Cameron's own exercise. Write the list quickly, in pen, no editing. Circle the smallest one. Take the first physical step toward it within 48 hours.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Name your inner critic**

Give the critic a name and a face - Aunt Linda, Mr. Hopkins, The Editor. When the voice starts up during pages, write it down by name and keep going. Externalizing makes it negotiable.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **Identify one envy as a clue**

Write down a person whose creative life makes you flinch. Underneath the envy, name the specific thing you wish you were doing. That sentence is your next assignment.

MON TUE WED THU FRI SAT SUN

- ⁰⁶ **Take a 20-minute solo walk without your phone**

Cameron treats walking as the third practice, alongside pages and dates. Insights arrive when the body moves and the screen is absent. Twenty minutes is enough to reset the day.