

## Morning Pages (Julia Cameron “The Artists Way”)

Take yourself out on a date – a creative date.

Buy yourself a journal or notebook that connects with where you are “at”.

This is the ‘vault’ in which your morning pages will rest.

Morning Pages means sitting down first thing every morning and writing 750 words, which, at 250 words per page, is 3 pages of handwriting.

There is no upper limit – 3 pages is usually about right – some days more...other days a stretch!

It is important that the words are handwritten as there is a strong connection between our thoughts and writing by hand.

Keyboard is too fast and doesn’t allow for our thoughts to settle or form in a deep way and so writing more slowly and deliberately gives us time to understand what we’re thinking and being able to explain it in words.

*“We get a truer connection - to ourselves and our deepest thoughts - when we actually put pen to page.”*

It also helps to get rid of self-doubt and to connect to our internal dialogue.

Both Julia Cameron and Tim Ferriss recommend the type of hand writing to be journaling.

Try not to re-read or critique what is written – the goal is to allow your thoughts a spacious and a non-judgmental space to land!

**Remember: the end game is Connection and Reflection NOT Perfection!**