

Creative writing – Morning pages

A Learning module based on the book “The Artist’s Way” by Julia Camero

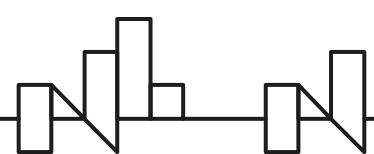
Why morning pages & when to use them

From surviving to thriving:

“Every morning the same, toxic routine. Maria wakes up, tired and with blurry eyes. The first thing she does is scrolling through her phone, seeing other people posting pictures of their vacations, weddings or job promotions. She normally oversleeps and rushes into the bathroom. There is little time to shower, to brush her teeth, to actually take a deep breathe. The phone is already ringing, even though the coffee isn't ready yet. Deadlines over deadlines, no breakfast, only black coffee. This is how she starts her days, over and over again. Every morning. And you know what's worst? She finishes it like this as well. ”

What happened? Why does it matter?

- These stress patterns affect our ability to think and act. They prevent to focus on tasks. Priorities fade into the background, everything is equally important.
- No time for reflection, for gratitude, or to focus on things that enrich us.
- From this position, no new, sustainable strategies can be developed. There is no energy to try out new things or to engage in new tasks.



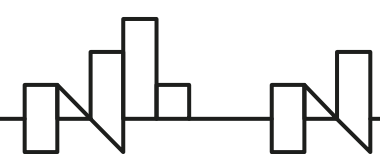
Why morning pages & when to use them

When to use them:

- Get rid of concerns
- Set a focus
- Let go of feelings and/or thoughts
- Find passion
- Deal with emotions
- Reflect and move on



Source: Karolina Grabowska (Pexels)

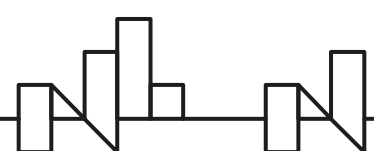


What are morning pages?

- According to the *Artist's way*, morning pages are a pivotal tool in creative recovery
- Simple concept: You write three pages daily, first thing in the morning
- There is no right or wrong, the pages are not meant to be art
- You write down whatever comes to mind
- Nobody is allowed to read the morning pages, except the writer (you want to consider whether you read your pages ever again, it might not be necessary [I actually don't read them ;)])
- „Nothing is too silly, too stupid, or too weird to be included“ [The Artist's way, p.10]
- Tipp:
 - start with really small pages, think A7 rather than A4
 - Get a small notebook (A7!) you can carry with you, if this works for you, get an A5 notebook



Source: Monstera (Pexels)

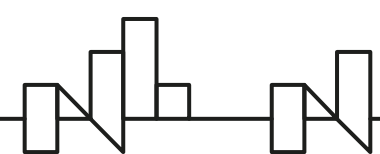


Will you like to do your morning pages?

- NO! (At least at the beginning)
- It can be a difficult process at first, because ...
 - Some mornings you will feel low in energy and prefer to sleep in
 - Some mornings you just do not have the time (or at least that is your narrative)
 - Some mornings you do not have the inspiration or motivation to write the pages
 -

You will come up with different and sometimes very creative solutions why NOT TO write the morning pages.

BUT: Stick through it. The more you practice, the more you will realize how much they help you to sort your feelings, emotions and aims in life.



The perks of doing morning pages:

Accountability:

Regardless of your mood: You write the pages

- If you can't think of anything to write, just say: „**I do not know what to write**“
- Do this until you have filled three pages
- You already accomplished one thing, now start your day!
- If you feel you don't have the time to do it – this is exactly the right exercise for you!

Map your own interior:

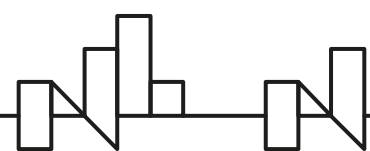
See your morning pages as a meditation practice

- Morning pages may include a lot of negativity, complaints and negative thoughts
- BUT: They give you insights into your life and help to effect necessary changes
- BECAUSE: Who wants to complain morning after morning after morning about the same thing?

Set your goals:

Morning pages help to be accountable and get in touch with your values and dreams. After a while, they help you to take actions:

- They support you to come up with creative solutions, empower you to dream big and discover!



Room to explore

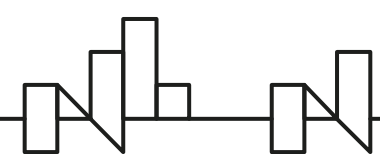
Tipps to start off right:

- Buy yourself a beautiful „Morning pages notebook“
 - Make sure you like the paper quality and the size, make sure the cover is appealing to you
 - If you like your notebook, it will be easier for you to take it out every morning
 - Be aware that the notebook may need to travel with you: So do not get one that is too heavy or big
- Establish a morning pages space
 - Find a space at home, you feel comfortable writing at
- Combine morning rituals with your morning pages to make the process smoother
 - You may want to lit a candle while writing
 - You may want to take 3 deep breaths before writing
 - You may want to have a cup of tea while writing
 - You may want to listen to music while writing
 - ...

Alternative: If the mornings do not work out for you, establish good night pages.

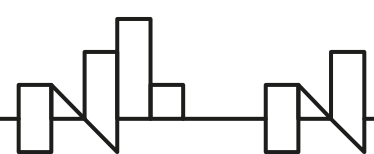


Source: Janson K. (Pexels)



Expected outcomes

- Free your mind
- Discover patterns (of behaviour)
- Discover things you really enjoy and give you energy
- Discover opportunities to feel less stressed out
- New sensations (handwriting, pen on paper ...)
- Activate different parts of your brain which will help you to develop new ideas and solutions



References

For more information on morning pages and creative writing inspirations, please consider reading

“The Artist’s Way – A spiritual path to higher creativity“ by Julia Cameron (1996, Penguin Random House LLC)

