

The Artist's Way
Contract

I, _____, understand that I am undertaking an intensive, guided encounter with my own creativity. I commit myself to the twelve-week duration of the course.

I, _____, commit to weekly Zoom meetings, daily morning pages, a weekly artist date, a weekly walk, and the fulfillment of each week's tasks.

I, _____, further understand that this course will raise issues and emotions for me to deal with and commit myself to excellent self-care – adequate sleep, diet, exercise and pampering – for the duration of the course.

(signature)

(date)