



www.liberty-works.co.uk  
01223 329992  
anna@lpltd.go-plus.net

## **The Morning Pages**

### **What are the Morning Pages?**

Put simply:  
three pages of longhand writing, strictly stream-of-consciousness  
style, done daily.

There is no wrong way to do morning pages.

These meanderings are not meant to be art or writing, it is simply a tool of moving the hand across the page and writing *whatever* comes into your mind.

The morning pages are *not* meant to sound smart although sometimes they do.

They are the primary tool for creative recovery.

Everyone is creative, however, often blocked by their own internalised perfectionist, a nasty internal and external critic, "the Censor", who resides in our (left) brain and keeps up a stream of subversive remarks.

By spilling out of bed and straight onto the page every morning, you learn to avoid the Censor.

The morning pages are non-negotiable.  
Never skip or skimp them. Your mood doesn't matter.

Anyone who faithfully writes morning pages will be led to a source of wisdom within them.

### **Source of Reference:**

The Artists Way by Julia Cameron  
ISBN no: 0-330-34358-0

Page 9 -18

Created by: Anna Libby of Liberty works! (TM)