

How to Awaken Your Creativity Through Morning Pages



Morning Pages is a concept that was introduced in 1992 by Julia Cameron as a way to help others 'retrieve their creativity'. Although initially designed to help artists, many entrepreneurs and people from business have found the practice of Morning Pages helps improve their creative thinking and generate **better ideas**.

Even **skeptics** have seen the benefits of Morning Pages.



What are Morning Pages?

Morning Pages is a simple daily writing exercise. It involves writing three pages long-hand (no typing) as soon as you wake up.

You can write about anything and everything that crosses your mind, from small worries, to grand plans or angry tirades. This isn't high art, it's not even 'writing' – it's a way to unblock your mind and improve your creative thinking. Write about whatever is on your mind.

The writing by hand instruction is important, (and remains, despite apps and websites that have reconfigured the instructions online) as Cameron says we get a truer connection – to ourselves and our deepest thoughts – when we put pen to paper.



Why should I start writing Morning Pages?

Research has shown that writing in a journal can reduce stress, and have a positive effect on our well-being. Fans of Morning Pages report that the practice of writing three pages every morning helps produce insights and resolve dilemmas.



How do I get started?

Get a pen and a notebook. Start writing. Don't censor yourself, don't edit, just write. When you fill three pages, stop. Then follow the same process the next day.



When should I complete my Morning Pages?

As the name implies, in the morning. As soon as you wake up, start writing your Morning Pages. Some people may write a bit later in the morning (e.g. during their commute to work), but Cameron advises you start right away – before you turn on the TV, check your emails, or engage with the outside world.



Who is going to read my Morning Pages?

No one else should read your Morning Pages. They are just for you. You do not have to read them. The point is about the process – not the product.



What are the benefits of Morning Pages?

Although this process was introduced 27 years ago, many people are still finding the practice relevant and helpful today. The regular practice of Morning Pages can help calm anxieties, boost your mood and **improve your productivity**.

Cameron says all the 'whiny petty stuff that you write down in the morning' stands between you and your creativity. Get it on the page.

You may find it **life changing** and **wish you had started the practice long ago**.

Find out more about Morning Pages in "The Artist's Way" by Julia Cameron.