



WEEKLY QUESTIONS - THE WAR OF ART

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The questions below are intended to make you think about the material you are reading and how it applies to your own life, as well as where you can make changes. You can answer these questions on your blog, in a journal, or in our [Facebook group](#) – or all of the above! If you are behind, don't worry. All the information will be there for you to come back to at your own pace. No stress. No judgment. No guilt!

QUESTIONS:

1. A professional, says SP, does not hesitate to ask for help. Pros know what they are good at and what they're not good at, where they can be independent and where they need assistance. Who do you need to ask for help right now?
2. SP talks a lot about rejection, failure, and criticism in this section. How does rejection (or fear of rejection) affect you and your willingness to do your Work?
3. “The Work is not you.” “You have a right to your labor, not the fruits of your labor.” What is your reaction to these statements?
4. The chapter, “A Professional Self-Validates,” may be my absolute favorite in the whole book. Not because of Tiger Woods (his reputation has changed a lot since this book was written!) but because criticism, perceived rejection, and resistance stop so many of us dead in our tracks. In this chapter, SP talks about how personal agency can overcome all these barriers. We cannot allow the actions of others to define our realities. **WE CANNOT ALLOW THE ACTIONS OF OTHERS TO DEFINE OUR REALITIES!**

When you look at you life, what really matters?

5. In “A Professional Reinvents Himself,” SP talks about being called to another incarnation. Have you had the experience of your art (or Work) transforming or changing directions entirely?
6. SP says that turning pro is just a decision. Have YOU made this decision yet?

7. Here's an overview of the nine Muses: <http://www.infoplease.com/ipa/A0881991.html>. Read through it and choose one (or someone/something else) as your personal inspiration source. This might seem silly, but putting a face on your “angel” is helpful!
8. When people say they have trouble starting, the real problem is often that they're having trouble making a COMMITMENT. What are you being called ot commit to now?
9. What are your biggest takeaways or “Aha!” realizations from this section?

Summary:

- We always have free agency over how we respond to external events. Professionals control their responses; amateurs react.
- Choose what matters: The criticism/input from others, or getting your Work done.
- Moving forward is a decision away. What do you need to decide/commit to now?

“The professional... reminds himself it's better to be in the arena, getting stomped by the bull, than to be up in the stands or in the parking lot.”