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# The War of Art Summary PDF Cheatsheet —

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### ? 1. Recognize Resistance: The inner force that sabotages our dreams

Resistance is an invisible force that blocks us from starting or finishing our creative projects. It sabotages us, makes us feel scared, and gives us convincing excuses for procrastination. Giving in to Resistance feels terrible, causing us to overindulge in consumption and distractions.

### ? 2. Expect Fear: It's normal to feel scared before sitting down

It's normal for people who do creative work to feel fear, dread, and unease. Pressfield still feels these emotions, but then he sits down to write anyway. In fact, fear can be a good sign that we're working on projects we find important and stretching our abilities.

### ? 3. Work Anyway: Professionals show up every day, no matter how they feel

Amateurs work when they feel like it or they feel inspired. Professionals show up and work every day, regardless of their mood. We must adopt this identity of a Professional, this attitude of detached craftsmanship, if we want to overcome fear, paralysis, and Resistance.

### ?? 4. Love Misery: The life of an artist is filled with adversity and failure

Most people imagine the life of an artist as easy and joyful, but in reality many creative people face professional insecurity, public failure, and weekly misery. To endure 17 years of failure, Pressfield relied on his military training, which taught him to love being miserable with a "Warrior Spirit."

### ?? 5. Harness The Muse: Following a routine invites inspiration into our lives

It's a mystery where creativity and inspiration come from. We can't force it, but sometimes it arrives at the most unexpected times, like in the shower. To invite inspiration, Pressfield shows up to work everyday and says a prayer to the abstract source of creativity, which he named "The Muse."

**This is just a sample!**

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