

The background is a vibrant, abstract illustration. It features a large, dark tree with a thick trunk and a canopy of purple and yellow leaves. The tree is set against a backdrop of rolling hills and mountains in shades of purple and blue. A large, white feather is positioned in the upper left corner, and another smaller one is in the lower right corner. The overall color palette is dominated by purples, blues, and yellows, creating a dreamy and artistic atmosphere.

**KAY**  
**CONCEPT**  
CREATIVITY COACHING

# THE MUSE MIRROR

WORKBOOK FOR WEEK 1

Prepared By :  
**Kay/Kayconcept**

# YOUR THINKING PARTNER



## KSENIYA (KAY) EKSIMEZ

Creativity Coach

Hi, I'm Kay, the creator of Finish Your Damn Book™ — a program and a philosophy for emotionally intelligent writers who are tired of being stuck.

I help writers move through perfectionism, imposter syndrome, and self-doubt by using their emotions as creative fuel, not creative blocks.

At 10, I wrote my first story to save a friend's spirit. Now, I write to help people save their own. That includes you





WELCOME TO THE MUSE MIRROR

# WHAT YOU WILL GET FROM THIS WORKBOOK

You don't need to chase inspiration.  
You just need a quiet enough moment to  
hear it whisper back.  
This is not a workbook. It's a ritual.

You'll spend first weeks with 7 soul-opening  
prompts, each paired with a wise story.  
They're not here to fix you. They're here to  
reflect you.

What you'll get from this:

- A creative rhythm that honors your feelings, not bypasses them;
- Gentle but powerful emotional clarity;
- Prompts that return you to your truth, not just your productivity;
- A more intimate relationship with your voice — and your future self.

Start each day with a story. Let it soften your mind.

Then write. Not to get somewhere — but to meet yourself where you are.

Welcome back to your inner Muse. She missed you.

# DAY 1 – THE EMPTY CUP

## LET'S HEAR THE STORY

A young seeker visits a Zen master, eager to learn. As the master pours tea, the cup overflows. "Stop!" cries the student.

The master replies, "Like this cup, your mind is too full. How can I teach you unless you first empty your cup?"

### Question for Day 1.

Be sure to write down your answer:

***"What wants to be said through me right now, if I empty what I think I know?"***



## NOTES:

A large, empty rectangular box with a light purple background, intended for writing notes.



# DAY 2 – THE MOON CANNOT BE STOLEN

A thief came to rob a Zen monk's hut. Finding nothing, the monk offered his clothes.

As the thief left, the monk whispered, "I wish I could have given him the moon."

## Question for Day 2.

Be sure to write down your answer:

***"If I weren't trying to impress anyone, I'd write about..."***

## NOTES:



# DAY 3 – THE SOUND OF ONE HAND CLAPPING

## LET'S HEAR THE STORY

A disciple asks, "What is the sound of one hand clapping?"

The master does not answer in words. The silence becomes the teaching.

### Question for Day 3

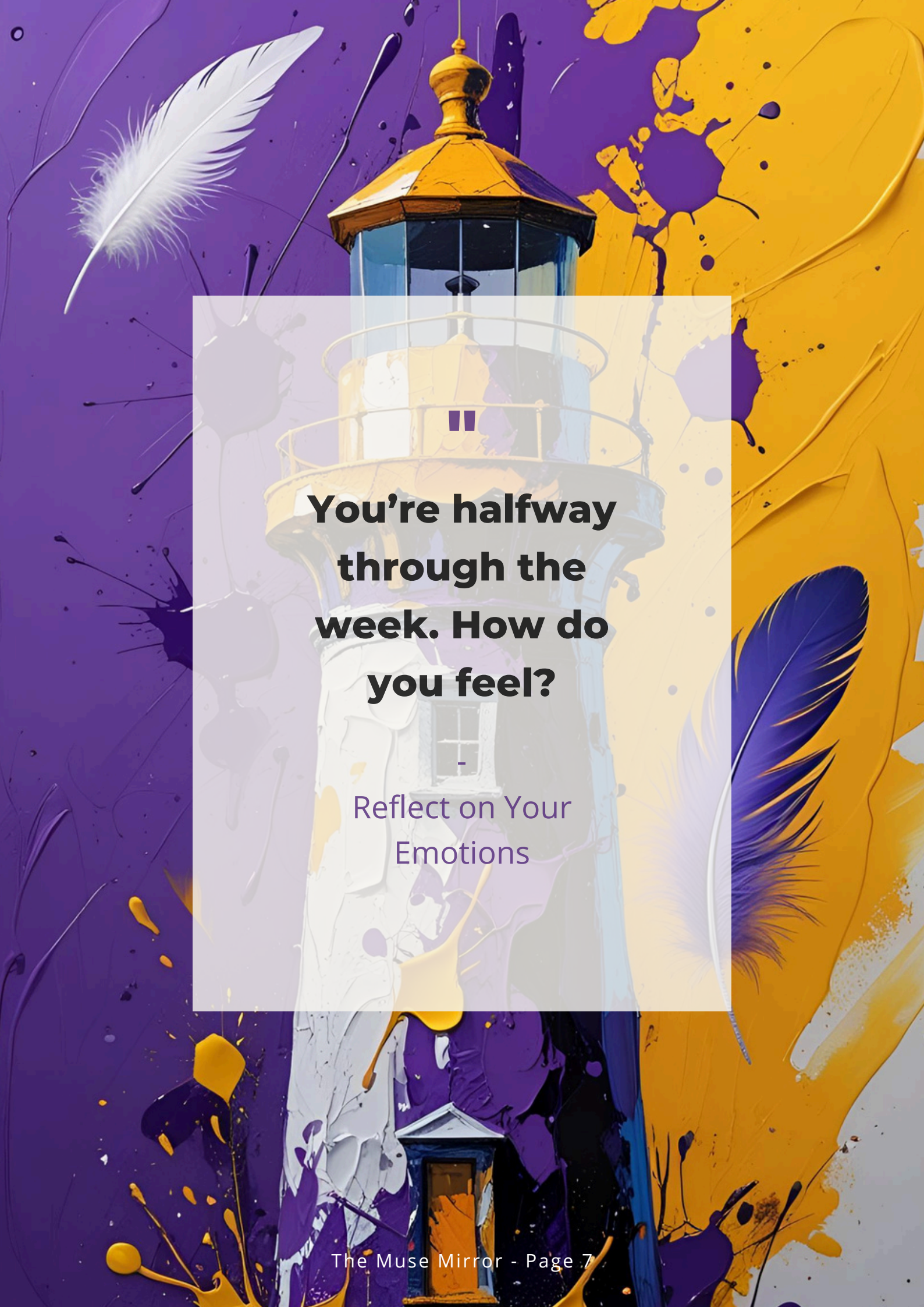
Be sure to write down your answer:

***"What part of me hasn't had a voice lately?"***



## NOTES:





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**You're halfway  
through the  
week. How do  
you feel?**

—

Reflect on Your  
Emotions



# DAY 4 – THE POISONED ARROW

A man shot by a poisoned arrow insists on learning who shot it, where they're from, what kind of bow was used.

The Buddha says, "He would die before he finds his answers."

## Question for Day 4

Be sure to write down your answer:

***"What truth am I scared I'll be punished for saying?"***

## NOTES:





# DAY 5 – THE TRAVELER AND THE TIGER

## LET'S HEAR THE STORY

A traveler, chased by a tiger, falls over a cliff and grabs a vine. Below him: another tiger.

He sees a strawberry nearby. He eats it. "Delicious," he says.

### Question for Day 5.

"If I wrote a love letter to my creativity, it would begin with..."



## NOTES:

## DAY 6 – REFLECTION DAY: INSIGHT WITHOUT ACTION

Take a moment to read back over your answers.

- *What surprised you?*
- *Where did your voice feel most alive?*
- *What are you still hiding from yourself?*

Let your answers whisper the shape of your next creative season.

### NOTES:



## DAY 7 – MUSE MIRROR CLOSE

You've written with the Muse for a week —  
not to produce, but to remember.

Reflect:

- *How did your emotional energy shift through the week?*
- *What story did you stop telling?*
- *What story wants to come through now?*

### NOTES:





YOUR BRAND NAME HERE

# RESOURCE LIBRARY



## PAINTING: "THE RED STUDIO" BY HENRI MATISSE

Look at this painting before you begin your writing ritual.

Ask yourself: What's asking to emerge from the red? What have I been leaving unspoken?

[MORE INFO](#)



## MOVIE: "PATERSON" (2016, DIR. JIM JARMUSCH)

Watch it during your Muse Mirror week. Let the slowness reset your rhythm.

Ask yourself: Where is poetry hiding in my ordinary life? What wants to be noticed?

[TRAILER](#)



## PODCAST: ON BEING WITH KRISTA TIPPETT — "OCEAN VUONG: A LIFE WORTHY OF OUR BREATH"

Listen while walking or while journaling on Muse Mirror Day 6 or 7. Ask yourself: What does my breath want to say that my mind won't?

[LISTEN](#)

FINISH YOUR DAMN BOOK



ABOUT THE PROGRAM

# FINISH YOUR DAMN BOOK

Finish Your Damn Book™ is a 12-week creative intervention for writers who refuse to shelf their stories.

You'll learn to collaborate with your inner critic, dissolve perfectionism, and finish a manuscript that finally feels like you.

READ ON



# THANK YOU!

Thank you for letting this mirror into your creative process.

You didn't just download prompts. You opened a door — to clarity, to flow, and to your future self who writes with truth.

If you loved this experience:

- ✨ Share it with a friend who writes from the heart
- ✨ Tag me on Instagram with your favorite prompt or journal line **@kayconcept\_coaching**
- ✨ Or come say hi and tell me what surprised you  
***kay@kayconcept.com***

I'm cheering for you — always.  
Now go write what only you can say.

With care,

**KAYCONCEPT.COM**