

**It's Never Too Late to Begin Again Syllabus  
Spring 2026**

**Tuesdays 10:45 to 12:15**

**Maryland Administrative Building 2 (MAB2)**

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**Course Description**

This 10-week program is designed for retirees and others experiencing major changes in their lives and who are looking to discover creativity and meaning. Based on the Julia Cameron's book "Its Never Too Late to Begin again" bestselling author of nearly 40 books including "The Artist Way". Her tools will be explored in this class aiming to help each of us redefine the inspired and passionate lives we all want to live.

<b>Week</b>	<b>Topic</b>	<b>Notes</b>
Week 1 / 2-3	Introduction of Julia Cameron Book and Class	
Week 2 / 2-10	Reigniting a Sense of Wonder	Chapter 1
Week 3 / 2-17	Reigniting a Sense of Freedom	Chapter 2
Week 4 / 2-24	Reigniting a Sense of Connection	Chapter 3
Week 5 / 3-3	Reigniting a Sense of Purpose	Chapter 4
Week 6 / 3-10	Reigniting a Sense of Honesty & Humility	Chapters 5 & 6
Week 7 / 3-24	Reigniting a Sense of Resilience & Joy	Chapters 7 & 8
Week 8 / 3-31	Reigniting a Sense of Motion	Chapter 9
Week 9 / 4-7	Reigniting a Sense of Vitality & Adventure	Chapters 10 & 11
Week 10 / 4-14	Reigniting a Sanes of Faith and Vision Boards	Chapter 12

**Course Materials**

- Ideally you should have your own copy of the book "It's Never Too Late to Begin Again" by Julia Cameron, you can order from Amazon for \$11.45 or check out used books on Abe Books, Thrift books (I do have a few copies to share for \$8)
- 3 notebooks for your personal journey (spiral notebooks are fine)

**HOMEWORK-what you will need to do to get the most out of the class**

- Read the chapter(s) for the week and complete the tasks-will do some in class-Notebook 1
- Write 3 stream of consciousness pages, for your eyes only Morning Pages in longhand each Morning-Notebook 2
- Create short memoirs as you revisit your life in 7-year increments -Notebook 3
- Plan an Artist Date just for your own fun and pleasure once a week BY YOURSELF (visit a special store, go to the library, take in a concert or movie.. plan anything that takes your fancy
- Take a solo 20-minute walk twice a week

**Enjoy your personal journey! Enjoy the sharing and open discussion!**

**And remember, this is not a writing class! No grades, no right or wrong answers!**

**Just explore what is in your heart- What is on your mind-**

**What your inner voice is whispering!**