

# LETTERS FROM A HOPEFUL CREATIVE

COLOUR, DOODLE AND CAPTURE YOUR THOUGHTS WHILE YOU LISTEN TO THE PODCAST

## NOTES CAPTURE YOUR THOUGHTS

Sara says:

Jen says:

Best quote to reflect on:

**ACTIONS!** Be inspired!  
Now I will...

## DOODLE! DRAW IT!

Draw your thoughts, ideas, feelings or just a pretty pattern while you listen.

## PODCAST BINGO!

Tick them as you hear them:

awesome human

absolutely

creative business

Instagram

life minutes

reflect on...

check in with...