

# Main Character Mindset Series

## Back to the Pen

Episode Three

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Podcast Listener Guide

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Author: Denise Williams

# Table of Contents

Opening: Back to the Pen (Reclaiming Your Voice) .....	3
From the Host .....	3
How to Use This Guide + Episode Overview .....	3
Chapter 1: What Back To The Pen Means .....	3
Chapter 2: Who or What Took the Pen Out of Your Hand .....	4
Chapter 3: The Pen As Authority .....	4
Chapter 4: Creating from Conviction, Not Reaction .....	5
Chapter 5: Picking Up the Pen after Disappointment .....	5
Chapter 6: What to Write Next .....	5
Chapter 7: Two Questions for the Week .....	6
Chapter 8: Returning to Your Voice This Week - Final Charge .....	6
Practice Tracker .....	7
Notes + Next Steps + About + Ownership Notes .....	7

# **Back to the Pen** *Return to Your Voice. Reclaim Your Clarity.*

## **Reflection Focus**

The opening sets the tone for a return. This episode begins with the reminder that the pen can represent voice, clarity, honesty, creativity, faith, and assignment. The return is not about proving anything. It is about listening for what is still true.

## **Private Check-In**

Before I move through this guide, what do I sense this episode may be asking me to notice?

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## **From the Host**

This guide is designed as a private reflection space for Episode 3: Back to the Pen. It is not a teaching manual. It is a place to pause with what you heard, notice what has been shaping your voice, and return to the next honest line.

Use it slowly. Let the questions meet you where you are. You do not have to answer everything at once. Some answers may come as a sentence, a prayer, a memory, or a decision you have been avoiding.

## **This episode is for you if:**

You have been producing, but not feeling fully connected to your voice.

You have let pressure, comparison, disappointment, or exhaustion influence your decisions.

You need language for returning without forcing yourself to rush.

You want to stop letting what is loud become what leads.

You are ready to write from truth instead of performance.

## **How To Use This Guide**

Move through one or two chapters at a time. Do not rush the answers. This guide is meant to help you listen inwardly, write honestly, and protect your private process. The prompts are written for personal reflection, not public presentation.

## **Episode Overview**

In this episode, Denise and Tonya discuss what it means to return to the pen as a symbol of voice, clarity, authorship, and assignment. Back to the Pen is not only about writing. It is about reclaiming the place where your truth, decisions, faith, and creativity become clear again.

Series signature: Main Character Mindset. Be the voice, not the remix.

## Chapter 1: What Back To The Pen Means

### Listen For

Back to the Pen is a return to the place where your voice can be honest again. It may be a literal notebook, a quiet room, a prayer, or a decision that brings you back to yourself.

### Personal Reflection

What does "the pen" represent for me in this season?

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Where have I been functioning, but not flowing?

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### Private Line

The place I need to return to is...

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## Chapter 2: Who or What Took the Pen Out of Your Hand

### Listen For

Sometimes we do not lose the pen all at once. We hand it over quietly to fear, comparison, exhaustion, disappointment, urgency, or the need to be understood.

### Personal Reflection

What have I allowed to take the pen out of my hand?

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What has been writing for me lately, even if I did not realize it?

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### Private Line

The influence I need to name honestly is...

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## Chapter 3: The Pen As Authority

### Listen For

The pen reminds you that you are not powerless. You may not control every outcome, but you can still write the next honest decision.

### Personal Reflection

Where have I been living like everything is only happening to me?

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What decision, boundary, prayer, or idea is still mine to write?

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### Private Line

One area where I am reclaiming authorship is...

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## Chapter 4: Creating from Conviction, Not Reaction

### Listen For

When everything around you is loud, it is easy to create in reaction to trends, applause, pressure, or what appears to be working for someone else. Conviction asks a quieter question: What is mine to say from truth?

### Personal Reflection

Where have I been responding more than originating?

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What would I create, say, or choose if I was not trying to keep up?

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### Private Line

What is mine to say right now is...

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## Chapter 5: Picking Up the Pen after Disappointment

### Listen For

Disappointment can inform the story, but it does not get to author the ending. Returning may be slow, careful, and honest.

### Personal Reflection

What did disappointment make me believe about myself, my timing, or my assignment?

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What would it look like to return with wisdom, not pressure?

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### Private Line

The disappointment does not get to write...

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## Chapter 6: What to Write Next

### Listen For

The first goal is not beauty. The first goal is honesty. Start with the line that tells the truth before you try to polish the lesson.

### Personal Reflection

Which question feels like the one I have been avoiding?

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What is one honest line I need to write next?

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### What To Write Next Examples

What have I been carrying?

What has been crowding my voice?

What idea keeps coming back to me?

What did I abandon too quickly?

What did disappointment make me believe?  
What am I doing only because I feel behind?  
What part of my voice have I been editing down?  
What am I afraid people will think if I fully own this?  
What is still assigned to me, even if the timing changed?  
What do I need to return to with maturity, not pressure?

**Private Line**

My next honest line is...

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## Chapter 7: Two Questions for the Week

**Listen For**

This week, the work is not to write the whole plan. The invitation is to name what took the pen and write one honest line forward.

**Personal Reflection**

What have I allowed to take the pen out of my hand?

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What is one honest line I need to write next?

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**Private Line**

This week, I will begin with...

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## Chapter 8: Returning to Your Voice This Week - Final Charge

**Listen For**

Returning to your voice may not look dramatic. It may be one page, one prayer, one pause, one boundary, or one sentence you no longer edit down.

**Personal Reflection**

What is one small return I can practice this week?

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Where do I need to stop calling myself finished because I was interrupted?

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**Private Line**

My small return this week will be...

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# Practice Tracker

Use this tracker as a private check-in, not a grading system. The goal is return, not perfection.

Day	Reflective Practice	Done / Notes
Day 1	Write one sentence before you consume anything.	_____
Day 2	Name what has been crowding your voice.	_____
Day 3	Ask: Who or what took the pen out of my hand?	_____
Day 4	Write from conviction before reacting to pressure.	_____
Day 5	Name what disappointment does not get to author.	_____
Day 6	Choose one "what to write next" question and answer it honestly.	_____
Day 7	Write one honest line for the week ahead.	_____

## Notes and Reflections

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## Next Steps and Commitments

One thing I am no longer allowing to write for me:

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One way I will return to the pen this week:

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One honest line I will carry with me:

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## About the Host

Denise Williams is an award-winning creator, executive producer, and the founder of She Thinks She's Cute™. Through storytelling and leadership-forward conversations, she explores perception, identity, and the unspoken dynamics that shape how people see themselves and one another. Denise is also a certified coach and speaker with the Maxwell Leadership Team, where she focuses on personal growth, leadership development, and intentional decision-making.

## Closing

Thank you for listening and taking time to reflect. This guide is space for honesty, clarity, and intentional return. Keep your voice. Keep your pace. Keep writing from what is true.

Stay connected at [www.SheThinkSheCute.com](http://www.SheThinkSheCute.com).

## Ownership Notes

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