A DAILY NOTE FROM HELEN COLLEN

Be limitless.

Carry the words. Live the message.



> “Be limitless in your magnificence so the only thing anyone can ever take from you is notes.”
>
> **HELEN COLLEN / MY MANTRA**

WORDS TO PUT INTO PRACTICE

01 I can begin before I feel ready.

02 My voice deserves to be heard.

03 Small steps still move me forward.

04 I can protect my peace and pursue my purpose.

Choose one. Say it aloud. Let one action today reflect it.

THE VOICE BEHIND THE MIC

I’m Helen Collen - radio host, interviewer, writer, producer, and multidisciplinary artist. With 25 years in costume and wardrobe across theatre, film, and television, I bring a storyteller’s curiosity to music, creativity, and the people behind them.

TAKING NOTES

Candid conversations.
Remarkable lives.
Lessons worth carrying.

Keep listening. Keep learning.
Keep taking notes.

theshoutoutpodcast.com

THE SHOUT OUT

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