



A BASKETFUL OF LOVE

THEME 7

CREATOR'S COMPANION

Extended Digital Companion —
Workbook Edition

A Basketful of Love — Light with Intention

WELCOME



Welcome to Theme 7: Creator's Companion

This workbook is designed to support you through the creative process with clarity, encouragement, and intention.

Whether you're planning, designing, or refining your ideas, this companion helps you stay grounded while creating something meaningful.

Use these pages as a steady guide alongside your creative work.

SETTING YOUR INTENTION



What kind of support do you need most in your creative process right now?

What do you want this companion to provide for you?

My intention for using this companion is:

YOUR BASKET VISION



What feeling should this Creator's Companion
bring to your work?
(Check or circle any that apply)

- ☐ Focus
- ☐ Calm
- ☐ Motivation
- ☐ Clarity
- ☐ Confidence
- ☐ Encouragement
- ☐ Flow
- ☐ Creativity

Other: _____

Describe how you want this companion to feel while you create:

GIFT ITEMS BRAINSTORM



What tools, prompts, or resources help you create best?

Think about planning tools,, creative supplies,
comfort items and inspiration sources.

List your ideas below:

COLOR & THEME FEELING BOARD



Choose the tone for your Creator's Companion:

- ☐ **Soft & Grounding**
(neutrals, gentle tones, minimal contrast)
- ☐ **Focused & Clean**
(crisp neutrals, simple layouts)
- ☐ **Warm & Encouraging**
(earth tones, subtle texture)

My chosen palette:



MESSAGE / AFFIRMATION CREATOR



Write 2–3 affirmations or reminders to support your creative flow:

1. →

2. →

3. →

PERSONAL REFLECTION



What tends to interrupt your creative flow?

What helps you gently return to it?

GRATITUDE MOMENT



Write three things you appreciate about your creative abilities:

1.

2.

3.

WRAP-UP PAGE



Your Creator's Companion Takeaway Message:

What does having a Creator's Companion give you?

Date Completed: