The Be Do Journal

Well-being from Well-Doing

A course in Well-being through Journaling

WHAT MAKES it HAPPEN
online psychotherapy

Section 8

Outroduction

So there we have it. What have we learned? We know that Journalling is pretty cool and that the Do Be Journal is all about increasing your well-being.

Give it a go for a year and enjoy the changes you experience because of it.

If you feel that this course has been useful and you'd like learn more cool tools, tips and techniques for well-being then come visit me at www.whatmakesithappen.com

Until then I wish you happy journaling.

Peace,
Graham

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