

## *A NOTE TO MYSELF ...*

### *JOURNALING FOR BALANCE IN 15 MINUTES OR LESS*



**“How can journaling be of benefit to me?”**

**“My life is so busy ... where would I find the time to journal?”**

**Bring this **FREE ONE-HOUR PRESENTATION** to your place of business! Through instruction, discussion and writing, your employees will learn new ways to ...**

- ☞ Understand and use stress reduction skills.**
- ☞ Enhance mental clarity, concentration and energy.**
- ☞ Balance the demands of personal and professional time.**