



7 Days to Find Your Happy Self

Are you self-critical? Want to reconnect with yourself? Need to feel happier in you? Seeking some direction?

With just 15 minutes each day, we can help you discover your happy self. *7 Days to Find Your Happy Self* is an on-line programme, which will support you and give you guidance to:

- Live more in the now
- Reflect on who you really are
- Be happier in your own skin
- Feel like you have a plan for the future

"Whatever you decide to do, make sure it makes you happy." Paulo Coelho

This is your invitation to join our movement to Be Believe Breathe...

Be - accepting and celebrating who you are today.

Believe - in yourself, to think differently and to see the possibilities.

Breathe - creating space and time just for you.

To book your place on our next course, or to find out more email: happy@weare3b.org

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Be Believe Breathe

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