

Write Your Life from Good to Great

Thursday, July 22 7-8:30 p.m. Free!

Professional coach **KRISTIINA HIUKKA**, author of *The Write Life Diary*, offers help for those seeking to establish an enticing diary-writing habit. As a diary writer from an early age, Kristiina questioned the value of writing of the mundane, so she developed a new method for journaling not only about the past but also about the future. Learn how this form of writing can help you set in motion positive changes to a more fulfilling life!



Write Your Life from Good to Great Workshop

Saturday, July 24 1-3:30 p.m. Register Now! \$40

Register online, anytime

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KRISTIINA HIUKKA will share inspiration, specific techniques and concrete examples for developing a transformative diary-writing habit. You will explore and practice an array of writing exercises. You will see how the practice of daily writing can be a dynamic tool to create forward momentum in your life! Experience how the creative power of positive thinking and the law of attraction supercharge the benefits and techniques of diary writing to bring about positive changes for you!

Know ThySelf

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