

Wheel of Well-being

Do-It-Yourself Happiness WoW Intensive Training



SESSION THREE: **MIND** keep learning

Try something new/Re-discover an old interest/Sign up for that course.

Take on a different responsibility at work/Fix a bike/Learn to play an instrument or how to cook your favourite food.

Set a challenge you will enjoy achieving/Learning new things will make you more confident as well as being fun.



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