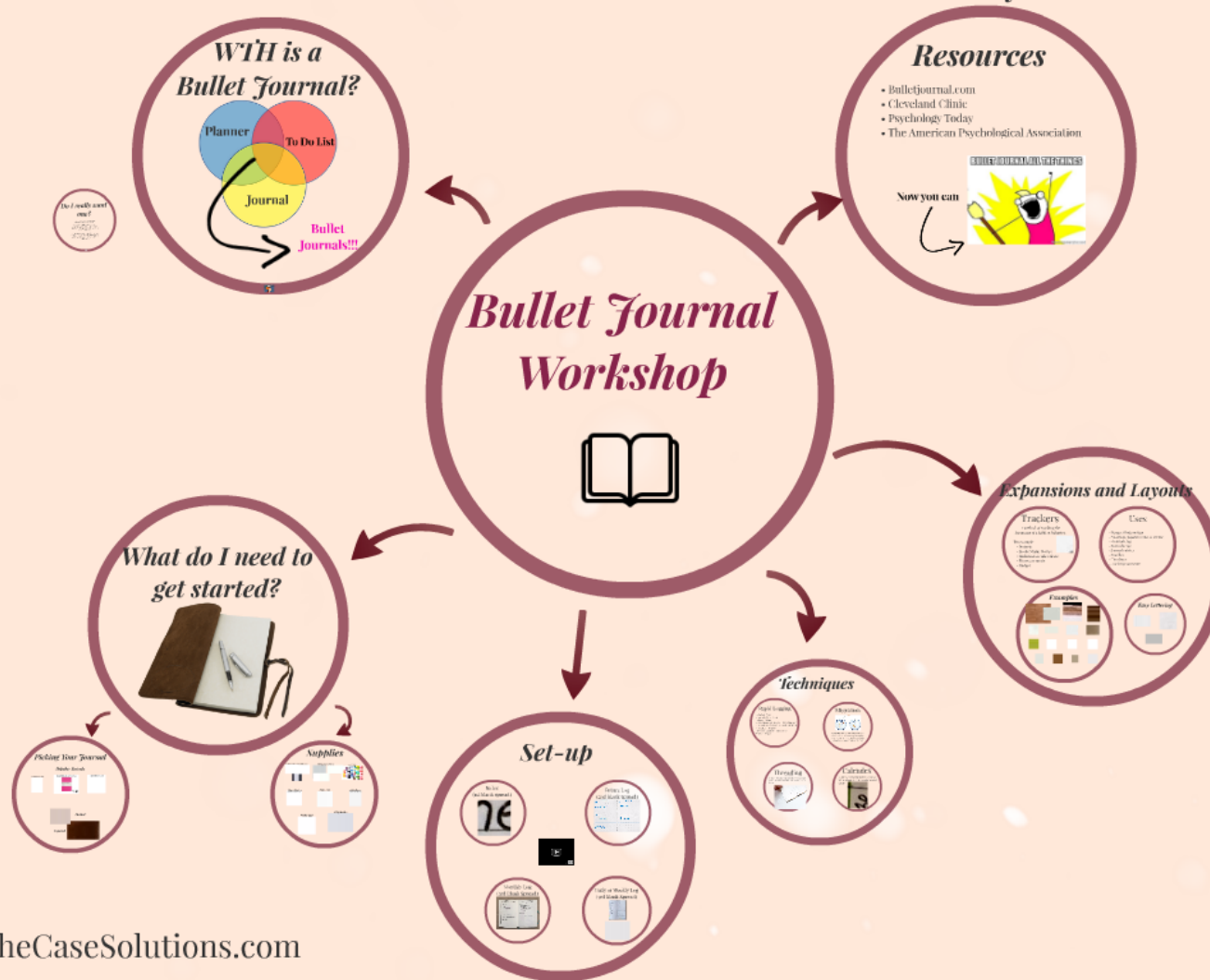
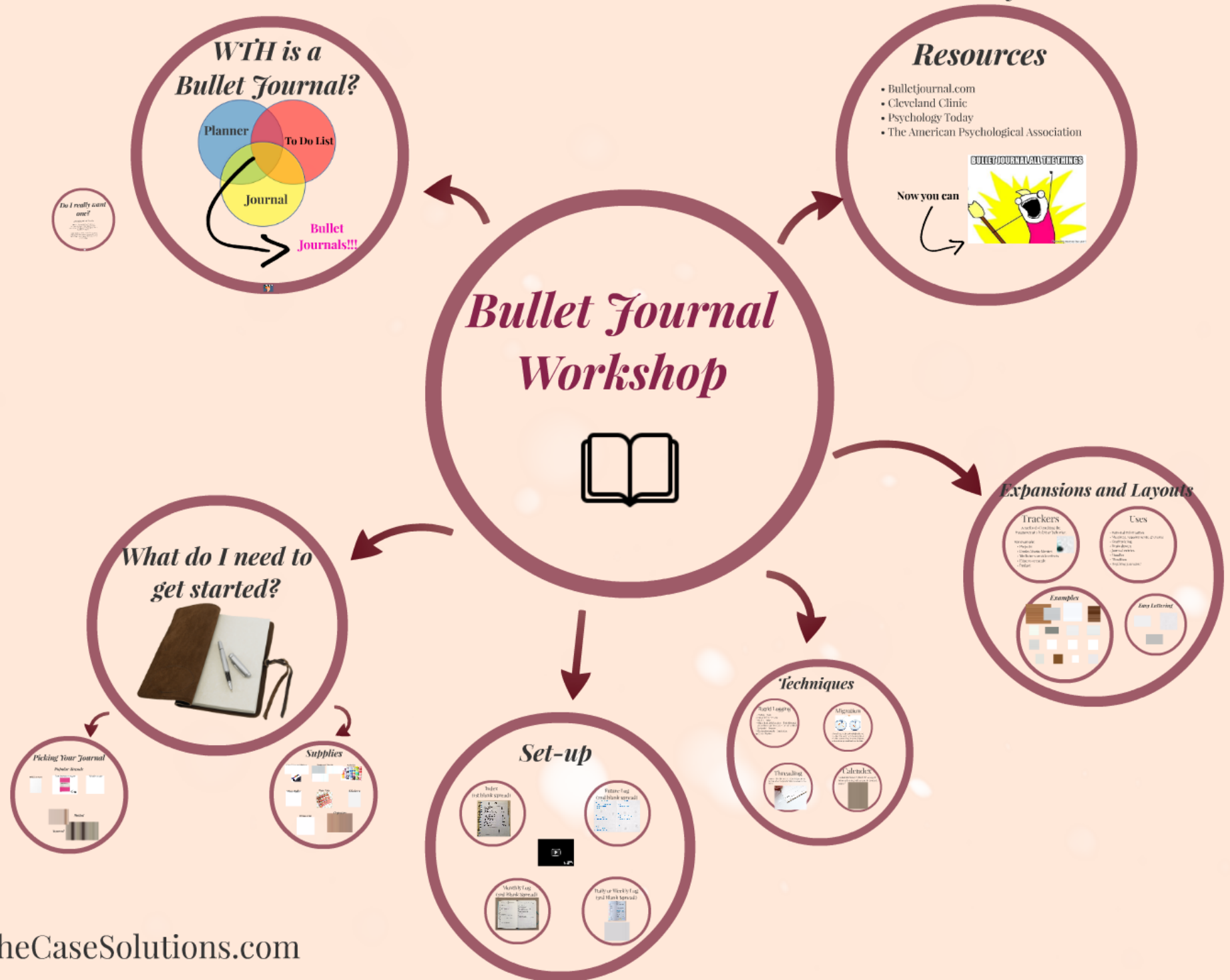


BULLET NOTES Harvard Case Solution & Analysis



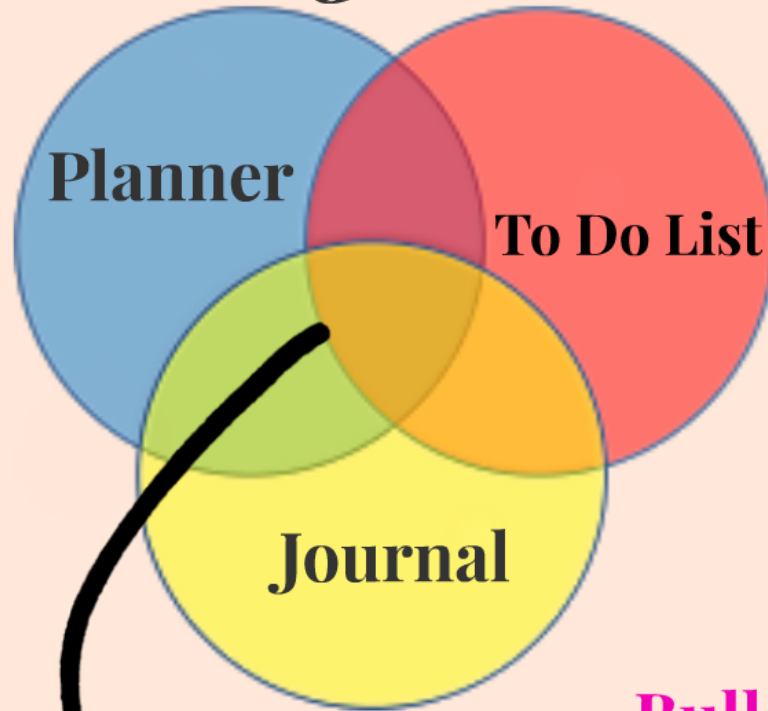
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*Bullet Journal
Workshop*



WTH is a Bullet Journal?



**Bullet
Journals!!!**

*really want
me?*

*ing and Art Therapy
journaling is a creative
and before change is your
others than to fill the bullet
with well-being.
The solution to surface stress is
not to take a break away from
the present moment, but to
reconnect to it.*



**NOT SURE IF ACTUALLY HAVE
FREE TIME**

OR JUST FORGETTING EVERYTHING



Do I really want one?

Journaling and Art Therapy

If the act of journaling leads to greater understanding and behavior change in your interactions with others, then it will also lead to a healthier well-being.

Art therapy has been shown to reduce stress in individuals because it takes attention away from the self and onto the present moment event to relax the brain.



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