

A Joyful Journey to
Empowered Enlightenment



Beach T. Weston
AUTHOR OF *The Just Beachie Column*

Aloha from Hawai'i!

I'm excited to share with you journal pages from my *Jazzy Journaling* book soon to be released. Each journal page is sprinkled with excerpts from the *Just Beachie Column*, highlighted by my artwork (ink images on watercolor)—all creations near and dear to my heart—which with great pleasure, I gift to you.

Jazzy Journaling will take you on a lovely adventure full of joy, hope and renewal. When *Jazzy Journaling*, you are free to explore your imagination and embrace the brilliance that is waiting to come forth from within.

Now it's time to take hold of your favorite pen and let the lively and colorful journey begin.

Happy Jazzy Journaling,
♥ Beach



To have a *Just Beachie Day* is another way to say: Are you having a fun day!? Are you having a happy day?

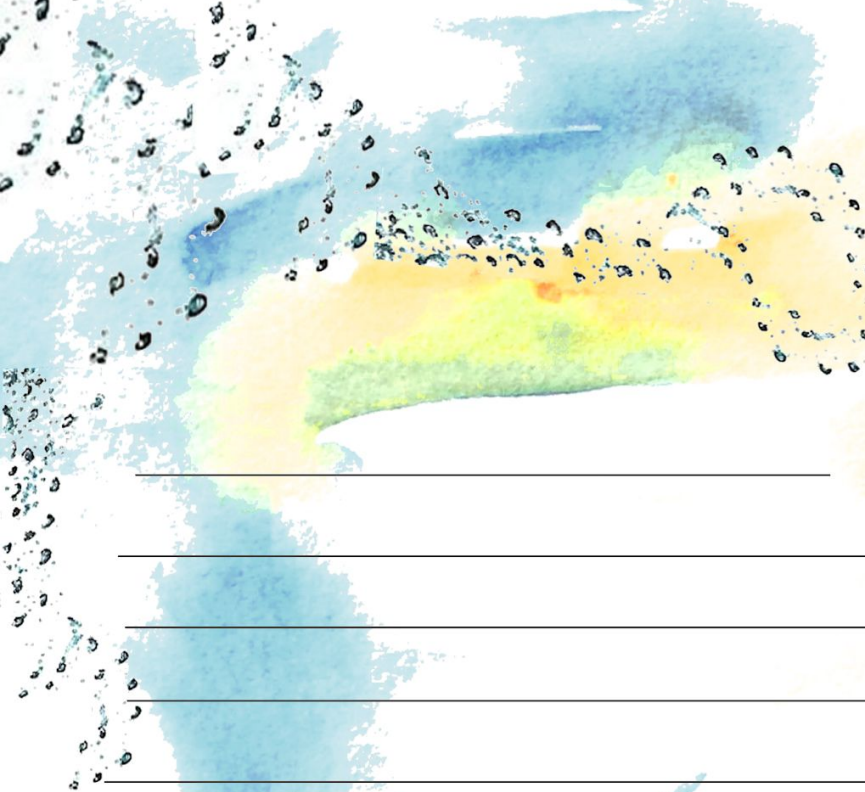
What can you do to make your day more delightful, pleasurable, and full of joy?

Chase away the gloomy days with all the ways to have a *Just Beachie* happy day!



What would
your life be
like if it was
Just Beachie?

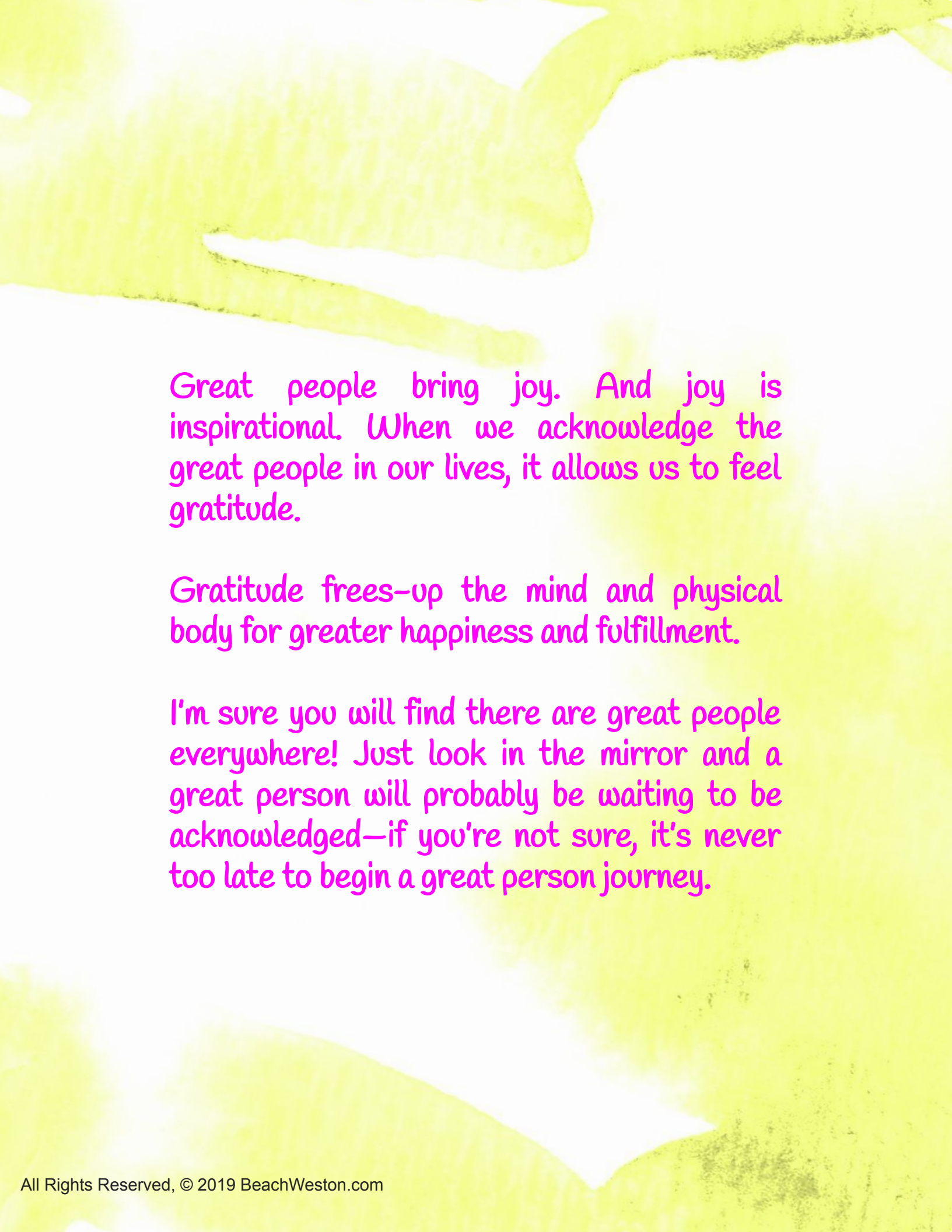




BeachWeston.com
BEACHWESTON.COM

A series of horizontal lines for writing, spanning most of the width of the page. There are 18 lines in total, starting from the top left and extending towards the right edge. The lines are evenly spaced and provide a clear area for text entry.



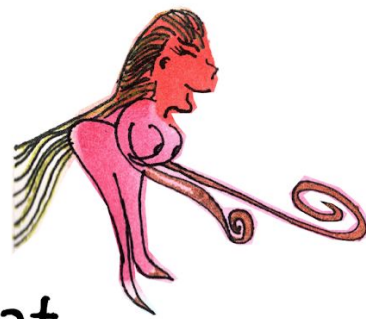


Great people bring joy. And joy is inspirational. When we acknowledge the great people in our lives, it allows us to feel gratitude.

Gratitude frees-up the mind and physical body for greater happiness and fulfillment.

I'm sure you will find there are great people everywhere! Just look in the mirror and a great person will probably be waiting to be acknowledged—if you're not sure, it's never too late to begin a great person journey.

Who are
the people
that are great
to you? How do
they contribute
to your life?





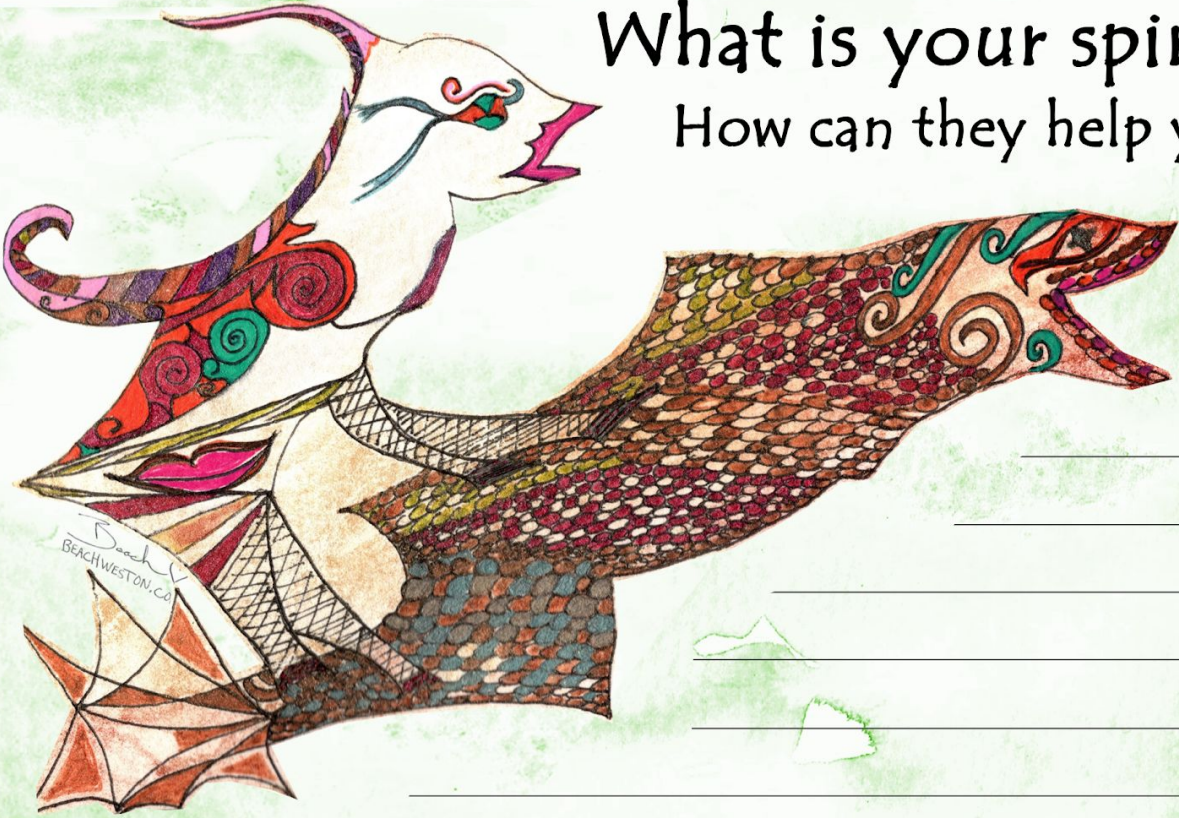




Spirit Animals are revered messengers. They help empower us to be better people. These ethereal creatures instinctively know why they exist. They know their purpose.

Spirit Animals are non judgemental, which makes them the perfect Universal guide. If we are receptive to the wisdom of our Spirit Animal it is much easier to find a fulfilled and peaceful path.

What is your spirit animal? How can they help you today?







Discover more inspiration and happy thoughts
by visiting BeachTWeston.com



The Just Beachie Column + Audio are delightfully sprinkled with entertainment and light humor—written to inspire discussion, encourage a compassionate relationship with yourself, others, animals, and the Earth.

In peace, love and the magic of your imagination,

 Beach

