

an ocean odyssey

Festive 2024-2025

A JOURNALLING REVOLUTION *with* **ALEX IKONN**

7 January 2025 - 11 January 2025



“Intelligence is curious. What reality do you want to create?”

Design and unlock the life of your dreams with Alex Ikonn, the creator of the acclaimed Five Minute Journal.

Set the tone for 2025 with a series of transformative journaling sessions, where Alex will help you tap into the power of gratitude and reflection, cultivate clarity and vision, and turn insights into action.

As the co-founder of Intelligent Change, a company committed to making behaviour change simple, beautiful and accessible, Alex has revolutionised daily routines for millions. The devoted following of the Five Minute Journal includes renowned names such as actress Emma Watson and entrepreneur-author Tim Ferriss.

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Create Your Best Year: Journalling Sessions

Session 1: Reflection and Gratitude

Explore the transformative power of reflection and gratitude to set the tone for your best year yet.

Guided by Alex, dive deep into thoughtful journalling exercises designed to help you celebrate your milestones, learn from challenges, and cultivate a mindset of appreciation. By aligning your intentions and focusing on what truly matters, this session empowers you to step confidently into the year ahead.

January 7, 2025 | 10:00 am - 12:00 pm
USD 150 per person

Session 2: Vision and Clarity

Gain the clarity you need to uncover your theme for the year and define the goals that matter most across key areas of your life.

Use guided journalling to explore your vision and intentions for health, relationships, career and personal growth. Identify the areas you want to prioritise and craft a meaningful focus that resonates with your aspirations. This session enables you to set the foundation for a balanced, purpose-driven year.

January 9, 2025 | 3:00 pm - 5:00 pm
USD 150 per person

Session 3: Insights to Action

Bridge the gap between reflection and transformation as you develop your insights into action.

With the Best Year Journal as your tool, consolidate your reflections from earlier sessions and refine your goals across all areas of life. Journalling exercises guided by Alex will help you craft actionable steps to align with your intention and purpose. Move forward with clarity and confidence to bring your best year to life.

January 11, 2025 | 10:00 am to 12:00 pm
USD 150 per person

USD 35 for one journal
USD 375 per person for all 3 sessions including journal

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*To book a session with Alex, please contact your Jadugar.
All prices subject to 10 percent Service Charge and 16 percent Government Tax.*