



FOCUS AND CARRY ON



Maintains Your Health

The 7 aspects look after your mind and body in different ways.

Gives You Purpose

Keeps a structure to your day which includes a variation of things to do and at different energetic levels



Helps you stay connected

The 7 aspects enable you to connect to your own thoughts and feelings as well as others.

Are you ready to start focusing on yourself to help you be there for others?

**For more information look to
www.early-years.org
www.joshuafedermd.com/**