A Focused Life™

A program designed to help individuals create balance by focusing their energy on high priority things in their lives.

- **What would you like to accomplish** this week? this month? this year?

- **Do you go to sleep at night feeling** accomplished or exhausted?

- **Think about the things** you *have* to do and things you *want* to do? Do the “have to do’s” outweigh the “want to do’s”?

These are some of the issues we’ll discuss at this program.

www.inspiredlearningllc.com
Program: A Focused Life™

Presented by Hilda Maria Valdespino, President of Inspired Learning

This program is designed to help individuals create balance by focusing their energy on high priority things in their lives. You should attend this program if you:

• are looking for a new way to focus your priorities
• have too many “things to do”
• want to reorganize your life
• are feeling scattered
• need efficiencies
• are looking for balance in your life

At the conclusion of this program you will have a system and method to help you lead A Focused Life™. Ideally the program is delivered in a two-hour session with a one-hour follow-up session two weeks later.

“Categorizing my priorities helped me focus and made me more disciplined to develop a more sensible life.”
—Patty Scavo, mother of 2 teenagers, Recreation Director at an assisted living facility

“This program made me very aware of how I wanted to spend my time. Keeping the priorities in the forefront was very effective for me.”
—Nancy LoBalbo, mother of 3, full-time employee for a municipality