

# March EAP Webinar

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## Do Your Bucket List: 7 Ways to Up Your Focus on Things that Matter

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Whether it's running an iron man, meeting somebody, or losing ten pounds, we all have that next thing we want to accomplish in life. But it's so easy to lose focus on personal growth in the rush of daily life. Get inspired by these seven practical strategies designed to help you prioritize attaining that next bucket list item. Life without regrets is possible. Let us help you reach your goals.

