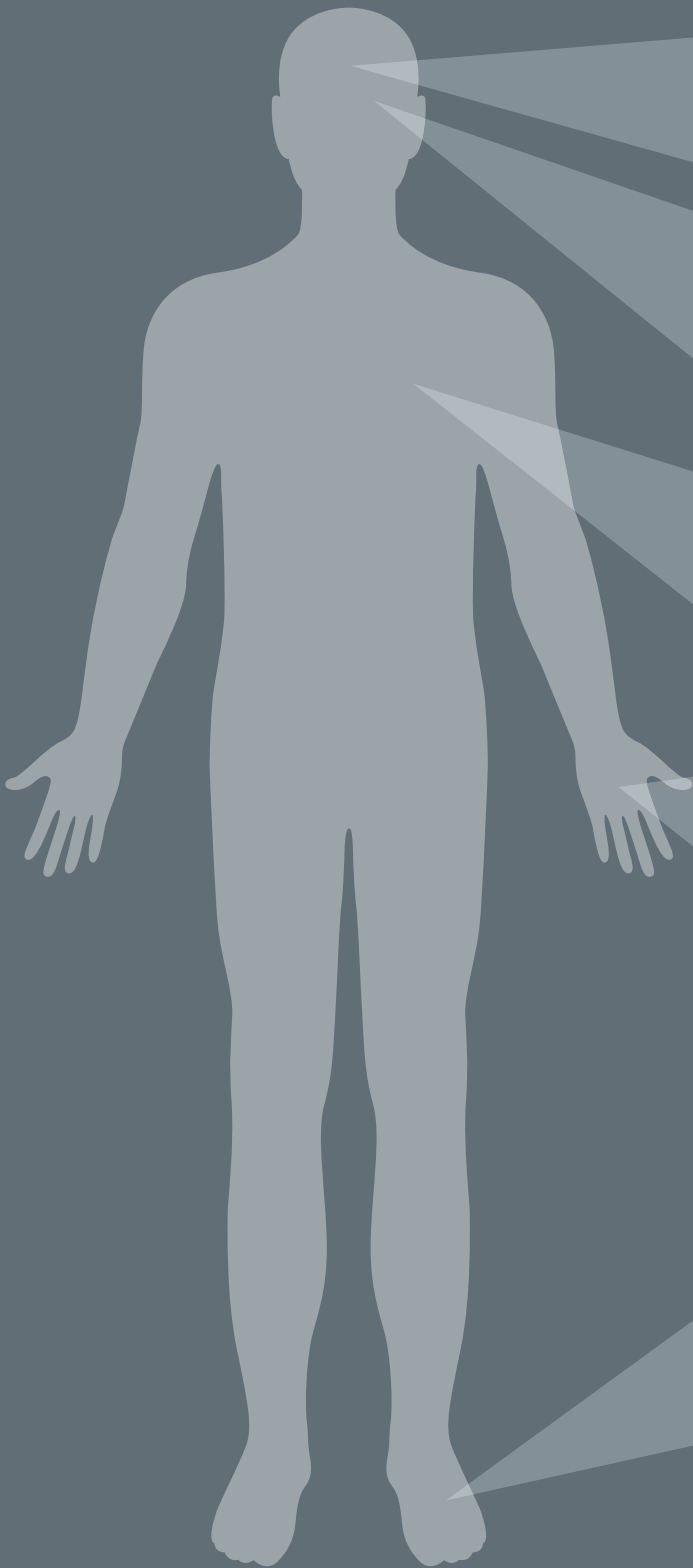


ican...

Welcome

Resources



Think it

Develop a healthy mindset



See it

Create a meaningful vision



Feel it

Focus on what I care about



Touch it

Play to my strengths



Be it

Be the best I can be



Do it

Make it happen



Developing a
healthy mindset



Creating a
meaningful vision



Focusing on
what I care about



Playing to
my strengths



Making it happen

Monday 0-12

Tuesday 13-24

Wednesday 25-36

Thursday 37-48

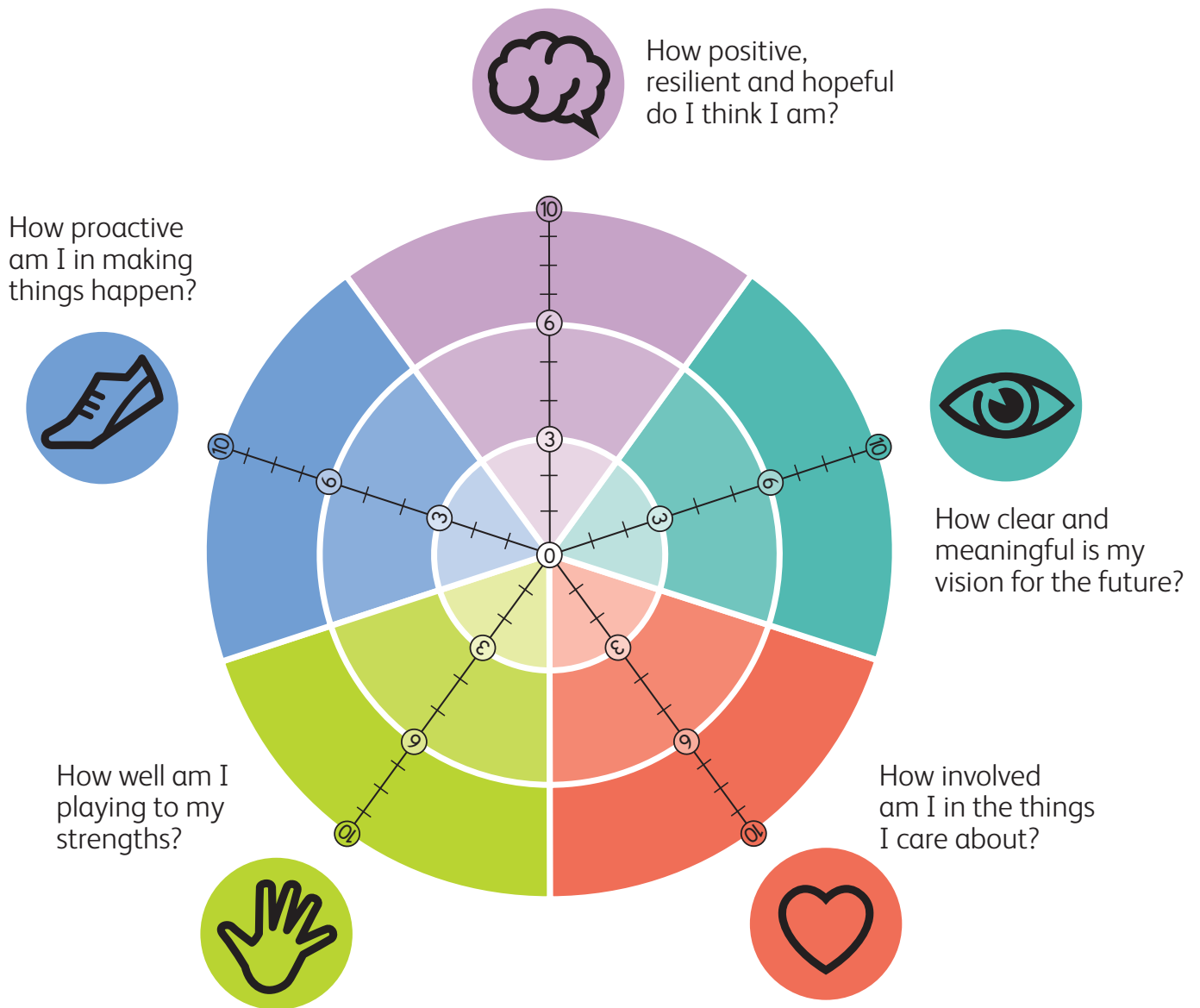
Friday 49-60

Saturday 61-72

Sunday 73-84

Bank Holiday 84+

Making a start





Think it



See it



Touch it



Feel it



Do it