



Insight and Inspiration,  
Innovation and Vision  
For the Developing and  
Evolving Self

**INTERNATIONAL INSTITUTE  
FOR SELF DEVELOPMENT**

[IIFSD.org](http://IIFSD.org)

# Workshop

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## DEVELOPMENTAL TASKS IN LATER LIFE

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A human life is composed of different stages. Each stage gives rise to an aspect of the developmental self. As human beings we have seven categories of needs. If we fulfill the tasks of each stage of the life cycle we fulfill our needs, bringing us success, happiness and a sense of fulfillment.

### LEARN ABOUT:

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- The stages of the life cycle
- The developmental self
- Our human needs
- The tasks of each stage of the life cycle
- How to fulfill tasks to satisfy needs
- We will work through an example of task accomplishment
- We will use guided meditation to grasp the feeling of self-development through the life cycle.

