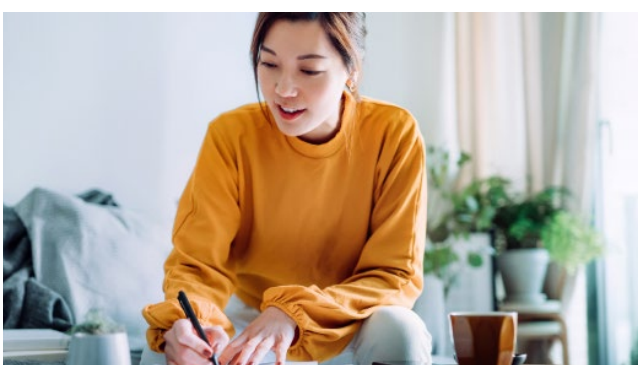




Finding your purpose

Have you tried weighing up your options while dealing with life's challenges, only to find that the possibilities are either too daunting or too limited? Check out these ideas to help you focus and work toward your best life.



Pursue your purpose by creating a personal mission statement.

Writing a personal mission statement can help bring your big goals into focus, identify the most important ones and motivate you to live by them.

[Read more](#)



Personal resilience in life and work.

Learn to strengthen your health and wellbeing by building your resilience. Being more resilient can help you bounce back from adversity and overcome challenges and change.

[Read more](#)

Exclusive for registered users.



How do I get there from here? Setting and attaining career goals.

[Log in to access](#)

Top pick of the month.



Caring when you work.

[Log in to access](#)



More to explore this month.

- Check out the new [2024 TELUS Health Wellbeing Calendar](#). Discover our monthly themes and access resources to improve your wellbeing. Bookmark the calendar and check back throughout the year for updates on training and helpful content.
- Register for our free webinar Making time for self-care while managing work and family over the school holidays and make the most of your festive season. Choose from two session times on Monday, 4 December 2023: MS Teams at 12 pm AEDT ([register here](#)) or GoToWebinar at 2 pm AEDT ([register here](#)). We need to rest and rejuvenate to be at our best at work and in life, but self-care can be the first thing to go when we're busy. This interactive session provides working parents with resources on how to make time for self-care over the school holidays.

We support your total wellbeing. We're here 24/7 for confidential advice and support by app, web, and phone.

Your organisation's program may not include all services and features. To learn more, please log in with your account and review your workplace benefits, or speak to your Human Resources contact.