



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.



Caregiving when you work.

[Log in to access](#)

Big brands, huge savings with Perks.

Enjoy exclusive offers on brands that can help support your wellbeing, like AVIS, Orangetheory, Travel + Leisure GO and many more.



[Access offers](#)

Your organization's program may not include Perks. If unable to access, review your workplace benefits or speak to your Human Resources contact.



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.
- TELUS Health Learning presents **The intersectionality of disability and neurodiversity in the workplace** on Dec 6th at 1 pm ET. Please join Dr. Jewelles Smith on December 6th for an inspiring and empowering session. She will share her unique perspective with practical and actionable next steps to create and sustain the momentum of fostering genuinely inclusive workplaces. [Register now](#).
- Discover the **Work-Life Balance** section of our [CareNow Programs](#): Learn how to establish a healthier balance between your professional and personal life through a collection of comprehensive iCBT-based, virtual self-paced programs.

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

Your organization'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.