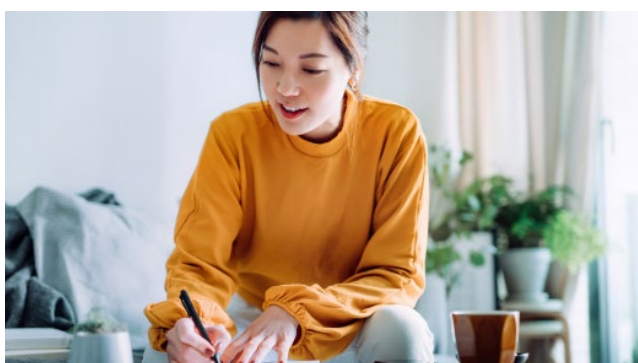




Finding your purpose

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](#)



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

Whether you've been with your organisation for years or you're looking to create a new career path, there are steps you can take to get to the next level.

[Read more](#)



Caring when you work.

Explore the challenges that working carers might face and learn ways to help balance these important responsibilities.

[Read more](#)



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.

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

Your organisation's programme 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.