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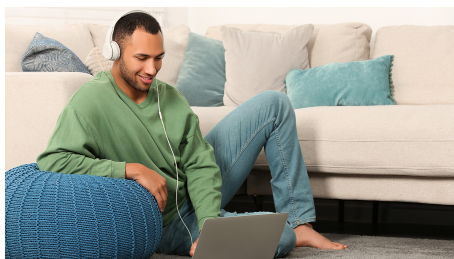
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Connect with your purpose: Discover

It's up to you to decide what your purpose is, and keep in mind: It's not likely to be just one thing. And it can change over time. Your sense of purpose may lead you to seek education or experience to work in a chosen field.

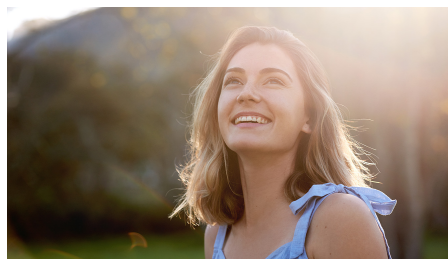
This month, listen to a podcast about discovering simplicity for inspiration. Then watch a Let's Talk video about the benefits of trying new things. Staying curious and keeping an open mind can help you discover and live your purpose.



World mental health day

October 10 is World Mental Health Day, a day to remember mental health is an important part of overall well-being.

[Learn more](#)



Upcoming webinars

Webinars are presented each month on topics such as communication, stress, self-improvement and more. We also have a library of webinars you can view at any time. Log in to your member website and click on "Sign up for a webinar" under "Today I want to:" or go to Tools > Webinars > Upcoming webinars to register today.

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