



## Focus on renewal: Set your intentions

The new year marks a time to renew your goals and refresh your efforts in working toward them. It's a good time to add more self-care to each day.

This month, listen to a podcast all about living life with intention, watch a Let's Talk video about the four types of intent and 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.

**[See upcoming webinars.](#)**

