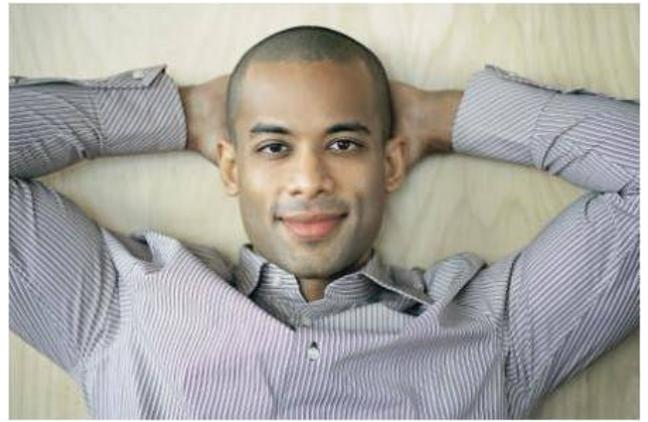


**LifeWorks**  
For all of life's questions.



## December feature: Looking Back, Looking Ahead

As the year draws to a close, it's a good time to reflect on recent accomplishments, changes and challenges. It's also a good time to begin setting goals for the year to come, and shaping plans and dreams for the future. In December, *LifeWorks* is featuring resources and tools to help you take stock, plan ahead, and make the most of the here and now.

If you have questions about how to set achievable, action-focused goals, or you're seeking tips or suggestions to help you get 'unstuck', call *LifeWorks* any time, 24 hours a day, seven days a week to speak to a caring, professional consultant. Or, log on to [www.lifeworks.com](http://www.lifeworks.com) to access practical educational resources to support you. *(Please be advised that the first time you click a hyperlink below, you may need to log in to the program's password-protected website. Your username and password can be found at the bottom of this flyer.)*

- Listen to a new podcast *Unplugging*, featuring an expert who advises that regularly turning off electronics clears your head and improves your quality of life. Or, listen to [Finding the Courage to Face a Difficult Issue](#), for tips to help you face a challenge and move ahead.
- You can also read Life Articles, such as: [Setting Life Priorities](#), [10 Ways to Energize Your Life](#), [Four Ways to Achieve Greater Happiness in Your Life](#), [Navigating Work and Life: Setting Priorities and Making Choices](#)
- Print off or order our [Gratitude Journal](#), and get started documenting all the precious moments in your life.
- Read or order [Work Life Play: Making the most of every day](#), a compact and engaging booklet filled with dozens of ideas and inspirational quotations to help you make positive choices every day – at work, at home, and in your personal life.
- Take advantage of our interactive online planning toolkits, including: [Retire, Rewire, Renew: Planning Your Life After 50](#) or [Becoming You: Finding Your Path in Your 20s and 30s](#)

**EAP/EFAP access for those on the go...** Download the mobile app for your iPhone, Android or Blackberry—just search for “LifeWorks” in your app store!

**Call LifeWorks to speak to a caring consultant any time  
at 1-877-207-8833. TTY: 1-877-371-9978**

**You can also visit [www.lifeworks.com](http://www.lifeworks.com) or access via  
Ceridian LifeWorks Mobile.**

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