



RESTART YOUR RESOLUTION

For many individuals, New Year's Day could also be referred to as "Verbal-Agreement-to-Decide-to-be-a-Better-Person-throughout-the-Year Day" (not as easily said, but equally as accurate). Take the template information below and add it to your own branded communication tool to submit to your employees. Sometimes, the simple things will help jump start your employees.

Keep things in front of them and that will help you generate more engagement. Keep it personal, but always ask for testimonials when possible. If you are successful with this campaign and are willing to share your experience, please send us a testimonial.

Don't be an April Fool – Resume your New Year's Resolution!

Face it – on New Year's Day, we declare to make a personal change for the better, but what have we done for the past few months to follow through on that promise?

The excuses are abundant:

- Not enough time
- The weather
- Financial
- I did not make a resolution

Do you have a personal story of success or frustration with your resolve to be better?

- What is going to be your resolution for the rest of the year?
- Do you have a personal reason to make this change for the better?
- Are you ready to commit to making the change today?
- What are your obstacles?
- Do you want our help?
- What can we do to help?

This is not a contest, a program or an incentive – we want you to think about what small positive changes can be made to feel better at the end of each day. We do not need to know what you are committing to change. However, if you have a specific and reasonable obstacle, let us know how we might be able to help.

Sincerely,
The Wellness Team