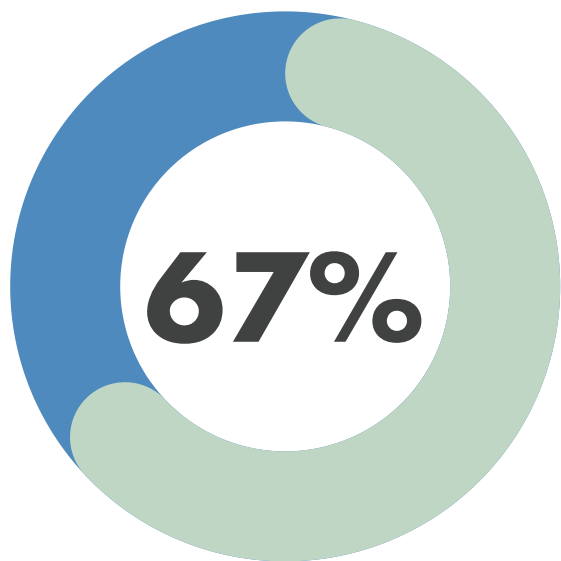


THE PULSE

WELLBEING NEWS IN A MINUTE

THE LATEST IN WELLBEING



Survey says that 67% of Americans are ditching their New Year's Resolutions this year.

KNOW YOUR LOVE LANGUAGE?

Discover your primary love language and how you can use it to better connect with your friends and loved ones.

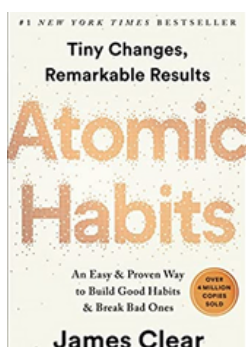


TAKE THE [QUIZ HERE!](#)

APPS, BOOKS & PODCASTS WE'RE LOVING



Peloton App:



Atomic Habits
by James Clear:

It takes time to build new habits and break bad ones. This book helps you think about a better way to change habits - not by setting goals but by creating better systems.

THE PULSE POLL:

Did you make a New Year's resolution in 2022?

Click here to participate in our online survey.

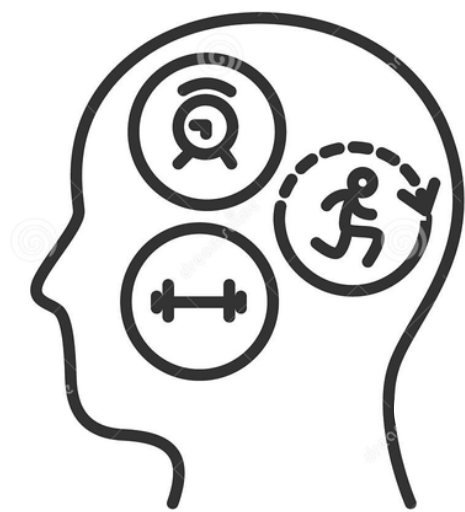


BKS PARTNERS

THE PULSE

WELLBEING NEWS IN A MINUTE

THIS MONTH'S FOCUS: ALL ABOUT HABITS



THE 2-MINUTE RULE

80% of New Year's Resolutions fail. Want to ensure success?

Try the 2-Minute Rule

The 2-Minute Rule states that when starting a new habit, it shouldn't take more than 2 minutes to do.

If you want to run, put on your running shoes.

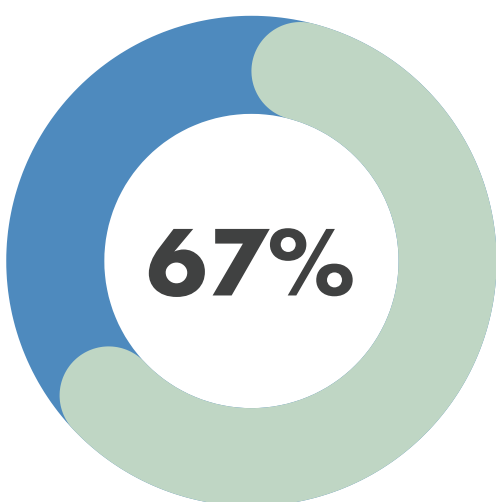
If you want to eat healthy, take a bite of fruit.

If you want to meditate, meditate for one minute.

Breaking down your habit into baby steps helps to make your goal achievable.

What is your 2-Minute habit?

THE LATEST IN WELLBEING



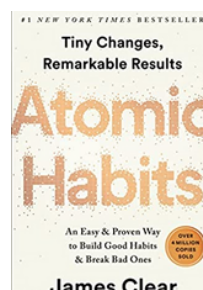
Survey says that 67% of Americans are ditching their New Year's Resolutions this year.

APPS, BOOKS & PODCASTS WE'RE LOVING



GrowthDay App:

If you are looking for an app to keep you motivated and inspired, you will not be disappointed. The "Morning Mindset" and daily mini-podcast, "The Daily Fire" is a great way to start your day with positive intention.



Atomic Habits by James Clear:

It takes time to build new habits and break bad ones. This book helps you think about a better way to change habits - not by setting goals but by creating better systems.



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