


Why it matters

Every thought, emotion, action, and choice you make can impact your present and future well-being.

Try shifting from a mindset of “I should do that” to “why it matters to me” to gain a deeper understanding and motivation to better support your true intentions, values, and life’s goals.



Try to pinpoint how your health and well-being support your life’s priorities.

Take time to reflect on what truly matters most to you.

You matter!

Work on prioritizing, building, and maintaining habits and routines that promote your mental and emotional well-being as much as your physical health.