

Resilience Journey

Do you know your purpose in life? What do you value? What makes you the happiest? This engaging, interactive program will take you on an enlightening journey. A journey that will open your eyes to your life's purpose while teaching you about the five core components of resilience: purpose, self-reliance, perseverance, balance, and being your own best friend.



The Resilience Journey will take you about 2 hours to complete, but don't worry, you don't need to complete it all at once.

Accessing the Resilience Journey is easy! Visit www.MyImpactSolution.com and click on the **Resilience** Tile to begin your journey.

If you have not created a ***My Personal Advantage*** account on the IMPACT Solutions' Website, you will be prompted to do so prior to starting the journey.

You will also find assessment tools, articles, case studies, and additional resources within this helpful tile.