



Focus on renewal: Set your intentions

The new year marks a time to renew your goals and refresh your efforts in working toward them. It's a good time to add more self-care to each day.

This month, listen to a podcast all about living life with intention, watch a Let's Talk video about the four types of intent and more.

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Life's Moments

This year, we're introducing a new feature on your member website. Life's Moments is a new blog series featuring different individuals writing about everything from finances to single parenting to grieving a big loss and more.

In the first blog, Marla Bardfield shares her story about her experience and insights on her financial stress as a young adult.

Check it out and feel free to leave a comment!

[Read the blog](#)



February webinars

Register today for upcoming webinars:

- **Being your best self: self esteem for adults**
[Feb 8 @ 3 p.m. ET / 12 p.m. PT](#)
- **Caregiving: the personal price, challenges and rewards**
[Feb 15 @ 3 p.m. ET / 12 p.m. PT](#)
- **Giving the gift of forgiveness**
[Feb 22 @ 3 p.m. ET / 12 p.m. PT](#)

- **Love, loss and what you can learn**
[Feb 27 @ 3p.m.ET/ 12 p.m. PT](#)

[Download the webinar calendar](#)

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