



Mindful Start

Complete 3 mindfulness units of your choice

Mission: 04.01 - 14.01

With the start of the new year, we encourage you to make your mental well-being a New Year's resolution. There's no better time to take this step toward a more mindful life. Completing this mission will equip you with the knowledge and tools to make smart choices that can benefit your mind and body. This mission is all about the power of mindfulness and how it can improve your overall well-being.

