

A weekly resource  
for your well-being

**PARTNERS**  
FOR HEALTH

**WORKING**  
FOR A  
HEALTHIER TN

# A TIP FOR TENNESSEANS

December 27, 2016

## Take time to reflect.

In a few days, many of us will be thinking about what we want to do in the new year. Before you make plans and resolutions, take a moment to look back. It can help you celebrate your successes and do better moving forward.

### Write this down.

Grab a pen and paper and think back on 2016. Ask yourself a few questions that can help you recount some of the important moments in your life and what you've learned. Then, jot down your answers.

- What were the biggest events in your life in 2016?
- What happened that you are proudest of?
- What top five things are you most thankful for?
- What did you learn about yourself this year?
- What did you learn about others close to you?
- Describe the hurdles you overcame this year.
- Name three things that didn't go as you'd hoped they might.
- What was the biggest change you made or experienced this year?
- How do your accomplishments and challenges make you feel?



### WANT HELP JUMPSTARTING YOUR WELL- BEING GOAL?

You have access to coaches who can help with nutrition, exercise and weight loss. All sessions are free and voluntary. Click to watch this short [health coaching video](#) to learn how it can help you reach new goals. Call 888-741-3390 to get started.



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[ParTNers for Health Website](#)



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NURSE  
ADVICE LINE:**

**1.888.741.3390**



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HEALTHWAYS

**PARTNERS**  
FOR HEALTH

You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.



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