

Goal-Setting & Mindfulness

Available in English, Simplified Chinese, Traditional Chinese, Thai, Vietnamese, Japanese, Korean, Bahasa Indo, Spanish, Portuguese (Brazilian)

As we welcome the new year, this campaign focuses on helping individuals adopt simple, intentional habits to set a positive tone for the year. Starting the year with healthy foundations can boost mental clarity, resilience, and overall wellbeing, setting individuals up for sustained success and balance in both personal and professional life.

How to use: Copy the text below and attach the image as shown. Edit the text in red and delete the yellow highlighted text. Send over chat (e.g. Teams, Slack, Whatsapp, Telegram, WeChat, etc.) to your whole organisation. You may also include this in your company-wide newsletter.
Suggested send date: 6 January 2025

English

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★ The new year is here - let's kickstart it with simple practices to help you stay grounded and productive. Start with this checklist by our wellbeing benefit, Intellect, to set your goals mindfully. Make the most of these mindful habits and start 2025 with intention! Ready to explore more ways to build healthy foundations? Book a session with an Intellect professional today. If you haven't already, get started with Intellect on desktop/ mobile to start booking a session.  On Web 1. Visit app.intellect.co (please hyperlink here) and click "Sign up" 2. Enter access code CODE*/ Click "Continue with SSO"** 3. Create your account using your work email address  On App 1. Select "I'm new here", then "With your organisation" 2. Use the code CODE*/ Click "Continue with SSO"** 3. Sign up using your work email address *please use your organisation's unique access code **for organisations with SSO only	Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image. PNG version PDF version 

Simplified Chinese

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★新年伊始，让我们从一些简单的实践开始，助您保持专注高效。从这份由我们的身心健康合作伙伴 Intellect 提供的清单开始，用心设定您的目标。 养成这些正念习惯，开启意义非凡的 2025！准备好探索更多构建健康基石的方法了吗？立即与 Intellect 的专业人士预约咨询。 如果您尚未注册，请通过 电脑/手机端 注册 Intellect 并开始预约。  电脑端 1. 访问 app.intellect.co (please hyperlink here) 并点击“注册” 2. 输入访问码 CODE* / “使用 SSO 登录”** 3. 使用您的工作邮箱创建账户	Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image. PNG version PDF version

 手机端 1. 选择“I’m new here”，然后选择“With your organisation” 2. 输入访问码 CODE* / 点击 “Continue with SSO”** 3. 使用您的工作邮箱注册 *请使用您公司/机构的专属访问码 **仅适用于已启用 SSO 单点登录的公司/机构	 intellect 打造健康好习惯 用心吃饭 专注享受每一口食物，细细品味，远离所有干扰 ☐ 早晨放下手机 在拿起手机之前，先给自己一段安静的专属时光 ☐ 回顾昨天 为自己的小进步点赞，并记下想要改进的地方 ☐ 设定今日目标 列出1-2个今天最重要的待办事项 ☐ 动起来 伸展身体、散步或做任何能让你动起来的活动 ☐ 添加你的个人小目标！ ☐ 完成以上步骤，轻松开启专注而平静的一天！想要获得更个性化的支持，立即前往 app.intellect.co 预约 Intellect 专业咨询师吧！
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Traditional Chinese

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★新年伊始－讓我們做些簡單練習，助你溫故知新，保持生產力。利用按健康益處劃分的清單，讓Intellect助你開始設定正念目標。 盡量養成正念習慣，用心為2025年啟程！準備好開拓更多建立健康基礎的渠道了嗎？今天就與Intellect專業人員預約課程。 如你未預訂任何課程，在 電腦／手機 上聯絡Intellect，即時啟航。  網頁版 1. 瀏覽app.intellect.co (please hyperlink here) 然後按一下「註冊」 2. 輸入登入代碼CODE*／點擊「使用 SSO 登入」** 3. 使用你的工作電子郵件創建帳戶  App版 1. 選擇「I'm new here」，然後選擇「With your organisation」 2. 輸入登入代碼CODE*／點擊「Continue with SSO」** 3. 使用你的工作電子郵件創建帳戶 *請使用你所在企業的唯一登入代碼 **只限支持單一登入的企業	Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image. PNG version PDF version  intellect 建立健康基礎 專心進食 專注用餐，細味每一口，遠離干擾 ☐ 起床別先玩手機 看手機前，留給自己一些私人時間 ☐ 反思昨天 為小成就鼓掌，並記低想進步之處 ☐ 設定優先目標 列出今天想要專注的1-2項重點任務 ☐ 活動筋骨 伸展、散步，或活動一下筋骨 ☐ 添加你的個人目標！ ☐ 用你自己的方式，用心開展每一天！如須更個人化的支援，立即前往 app.intellect.co 與Intellect的專業人員預約課程。

Thai

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★ได้เวลาต้อนรับปีใหม่อแล้ว มานับหนึ่งกันด้วยหลักปฏิบัติง่าย ๆ ที่จะช่วยให้คุณมีความโปรดักทีฟและสุขภาพจิตมั่นคงอยู่เสมอ เราขอแนะนำให้เริ่มต้นด้วยเช็กลิสต์จาก Intellect ที่เป็นสวัสดิการด้านสุขภาวะของเรา เพื่อให้คุณกำหนดเป้าหมายได้อย่างรู้ตัวและมีสติ	Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image. PNG version PDF version

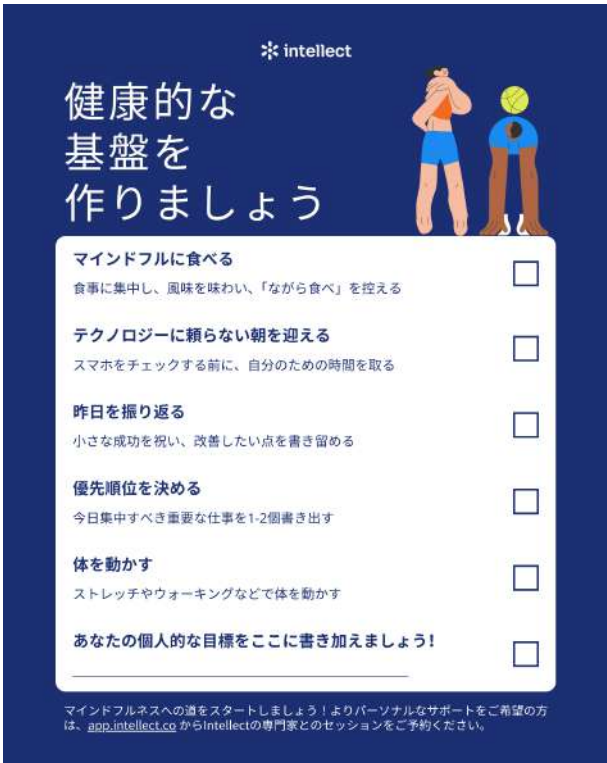
ใช้พฤติกรรมส่งเสริมความรู้ตัวและมีสติในลิสต์ให้เกิดประโยชน์ เพื่อที่คุณจะได้เริ่มปี 2025 อย่างมีทิศทางชัดเจน! ถ้าอยากรู้จะศึกษาวิธีปรากฏฐานเพื่อการมีสุขภาวะที่ดีเพิ่มเติมอีก ก็ลองเชสชั่นกับผู้เชี่ยวชาญมืออาชีพจาก Intellect ได้เลย ถ้ายังไม่เคยใช้ Intellect มาก่อน คุณจะเริ่มเข้าไปลองเชสชั่นได้ผ่านทางเดสก์ท็อป/ อุปกรณ์เคลื่อนที่ ผ่านเว็บไซต์ 1. เข้าไปที่ app.intellect.co (please hyperlink here) และคลิก “สมัครใช้งาน” 2. ป้อนรหัสสิทธิ์เข้าถึง CODE*/ คลิกที่ “ดำเนินการต่อด้วย SSO”** 3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสร้างบัญชี ผ่านแอป 1. เลือก “I’m new here” ตามด้วย “With your organisation” 2. ใช้รหัส CODE*/ คลิกที่ “Continue with SSO”** 3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสมัครใช้งาน *โปรดใช้รหัสสิทธิ์เข้าถึงขององค์กรของคุณโดยเฉพาะ **สำหรับองค์กรที่ใช้ระบบ SSO เท่านั้น	
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Vietnamese

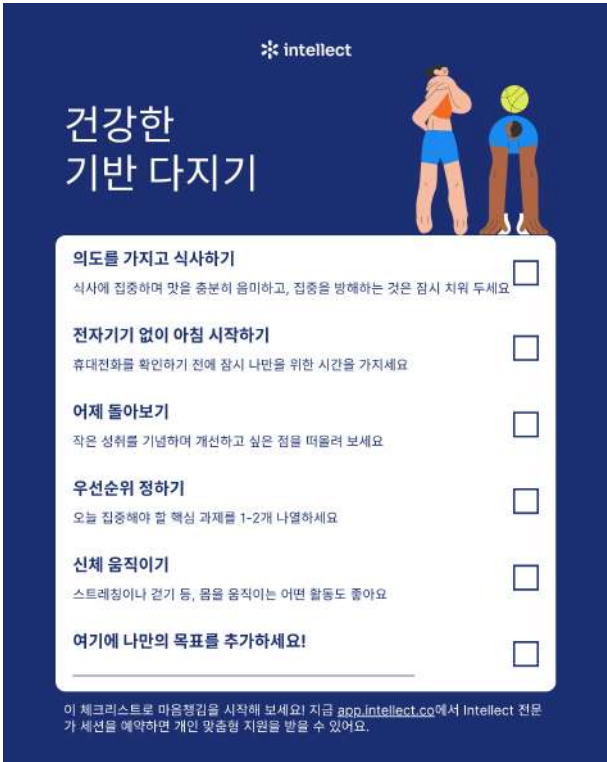
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★ Năm mới sắp đến – hãy bắt đầu bằng những thói quen đơn giản để giữ vững tinh thần và làm việc hiệu quả hơn nhé. Thử ngay checklist từ Intellect – phúc lợi chăm sóc sức khỏe tinh thần của bạn – để đặt mục tiêu một cách có ý thức hơn. Tận dụng những thói quen tích cực này để khởi đầu năm 2025 một cách ý nghĩa! Bạn đã sẵn sàng khám phá thêm những cách xây dựng nền tảng sức khỏe lành mạnh? Hãy đặt lịch hẹn với chuyên gia Intellect ngay hôm nay. Nếu bạn chưa sử dụng Intellect, hãy bắt đầu trên máy tính/ điện thoại để đặt buổi tư vấn ngay hôm nay. Trên máy tính 1. Truy cập app.intellect.co (please hyperlink here) và nhấp vào “Đăng ký” 2. Nhập mã truy cập CODE* / Nhấn “Tiếp tục với Đăng nhập một lần (SSO)”** 3. Tạo tài khoản bằng email công việc của bạn Trên ứng dụng 1. Chọn “I’m new here”, sau đó chọn “With your organisation” 2. Nhập mã truy cập CODE* / Nhấn “Continue with SSO”** 3. Đăng ký bằng email công việc của bạn *mã truy cập duy nhất sẽ do tổ chức của bạn cung cấp **áp dụng cho tổ chức dùng SSO	Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image. PNG version PDF version 

Japanese

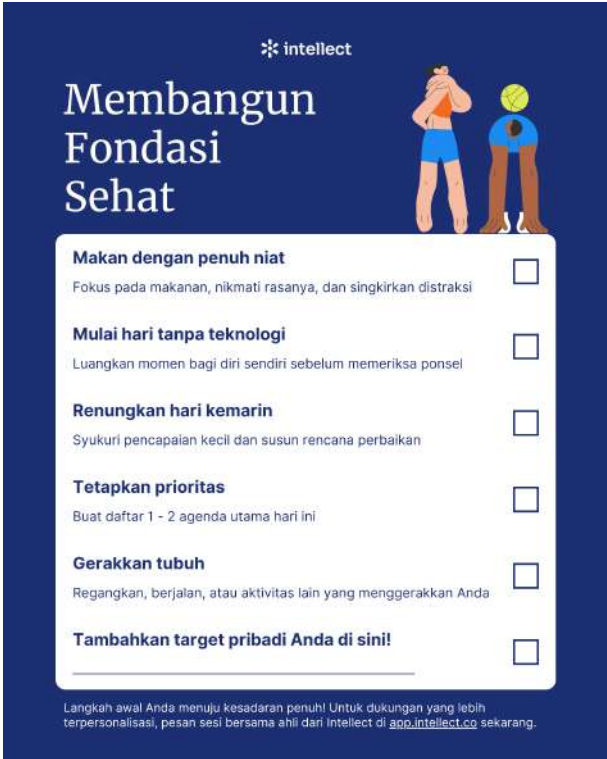
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★新しい年を迎えました。地に足をつけて生産性を高めるシンプルな習慣で、新年をスタートさせましょう。まずは、ウェルビーイング福利厚生「Intellect」のチェックリストを使って、マインドフルに目標を設定しましょう。 これらのマインドフルな習慣を最大限に活用し、より計画的に2025年をスタートさせましょう！健康的な基盤を築くための方法をもっと知りたい方は、今すぐIntellectの専門家とのセッションをご予約ください。 まだの方は、デスクトップまたはスマートフォンからIntellectを開いてみましょう。  ウェブで 1. app.intellect.coにアクセス (please hyperlink here) そして「続ける」をクリックする 2. アクセスコードCODEを入力*/「SSOで続ける」**をクリック 3. 勤務先のメールアドレスを使用してアカウントを作成します。  アプリの場合 1. I'm new here」を選択し、「With your organization」を選択します。 2. CODE*/「Continue with SSO」**をクリックします。 3. 勤務先のメールアドレスを使用してサインアップする *組織固有のアクセスコードを使用してください。 **SSOを持つ組織のみ	Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image. PNG version PDF version 
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Korean

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★새해가 밝았습니다. 간단한 활동을 통해 단단한 기초를 다지고 생산성을 높이며 올해를 시작하십시오. 웰빙 서비스 Intellect가 제공하는 체크리스트를 활용해서 마음챙김 목표를 세우십시오. 마음챙김 습관을 통해 의도를 가지고 2025년을 시작하십시오! 건강한 기반을 다지기 위한 더 많은 방법을 살펴볼 준비가 되셨습니까? 지금 Intellect 전문가 세션을 예약하십시오. 아직 시작하기 전이라면, 데스크톱/모바일에서 Intellect 세션을 예약하십시오.  웹 버전 1. app.intellect.co에 방문합니다 (please hyperlink here) 를 클릭하고 “로그인”을 클릭합니다 2. 활성화 코드 CODE를 입력합니다*/ “SSO로 계속”을 클릭합니다** 3. 자신의 직장 이메일 주소를 사용하여 계정을 만듭니다  앱 버전 1. “I’m new here”를 선택한 다음, “With your organisation”을 선택합니다 2. 활성화 코드 CODE를 사용합니다*/ “Continue with SSO”을 클릭합니다** 3. 자신의 직장 이메일 주소를 사용하여 가입합니다 *조직의 고유 활성화 코드를 사용하십시오 **SSO를 사용하는 조직만 해당합니다	Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image. PNG version PDF version 

Bahasa Indo

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★ Tahun baru telah tiba – mari sambut dengan langkah sederhana untuk tetap seimbang dan produktif. Gunakan ceklis manfaat kesejahteraan kami, Intellect, untuk menetapkan target Anda dengan kesadaran penuh. Maksimalkan kebiasaan penuh kesadaran ini dan awali tahun 2025 dengan niat mantap! Sudah siap mengeksplorasi berbagai cara untuk membangun fondasi sehat? Jadwalkan sesi bersama ahli dari Intellect hari ini. Jika belum buat jadwal, akses Intellect di laptop/ponsel untuk mulai memesan sesi.  Di Web 1. Kunjungi app.intellect.co (please hyperlink here) dan klik “Lanjutkan” 2. Masukkan kode akses KODE*/ Klik “Lanjutkan dengan SSO”** 3. Buat akun menggunakan alamat email kantor Anda  Di Aplikasi 1. Pilih “I’m new here”, lalu “With your organisation” 2. Masukkan kode akses KODE*/ Klik “Continue with SSO”** 3. Daftar menggunakan alamat email kantor Anda *harap gunakan kode akses unik organisasi Anda **hanya bagi organisasi yang memiliki SSO	Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image. PNG version PDF version 

Spanish

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★ ¡El nuevo año ya llegó! Es momento de empezar con prácticas sencillas que te ayuden a mantener el enfoque y la productividad. Usa esta guía rápida de Intellect para definir tus metas de forma consciente y empezar con el pie derecho. Integra estos hábitos en tu día a día y arranca el 2025 con intención y claridad. ¿Quieres descubrir más formas de construir una base sólida para tu bienestar? ¡Agenda una sesión con un profesional de Intellect hoy mismo! Si aún no lo has hecho, accede a Intellect desde tu computadora o celular y empieza a disfrutar de sus beneficios:  En la web 1. Visita app.intellect.co. (please hyperlink here) y haga clic en “Inscribirse” 2. Ingresa el código de acceso CODE* o selecciona “Continuar con SSO”**. 3. Crea tu cuenta con tu correo electrónico laboral.  En la app 1. Selecciona “I’m new here” y luego “With your organisation”. 2. Ingresa el código CODE* o selecciona “Continue with SSO”**. 3. Regístrate con tu correo electrónico laboral. *Usa el código único de acceso de tu empresa. **Solo para empresas con SSO.	Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image. PNG version PDF version 

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★ O ano novo chegou - vamos iniciá-lo com práticas simples para ajudar você a permanecer centrado e produtivo. Comece com esta lista de verificação do nosso benefício de bem-estar, Intellect, para definir suas metas com atenção plena.. Aproveite ao máximo esses hábitos conscientes e comece 2025 com intenção! Pronto para explorar outras maneiras de construir uma base de bem-estar sólida? Agende uma sessão com um profissional da Intellect hoje mesmo. Se você ainda não o fez, comece com a Intellect em desktop/móvel para agendar uma sessão.  Na Internet 1. Acesse app.intellect.co (please hyperlink here) e clique em “Cadastrar-se” 2. Insira o código de acesso CÓDIGO*/Clique em “Continuar com o SSO”** 3. Crie sua conta usando seu endereço de e-mail de trabalho  No aplicativo 1. Selecione “I’m new here” e em seguida “With your organisation” 2. Utilize o código CÓDIGO*/Clique em “Continue with SSO”** 3. Registre-se usando seu endereço de e-mail de trabalho *use o código de acesso exclusivo da sua organização **somente para organizações com SSO	Select either the PNG version or PDF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image. PNG version PDF version