

Reflection and Gratitude

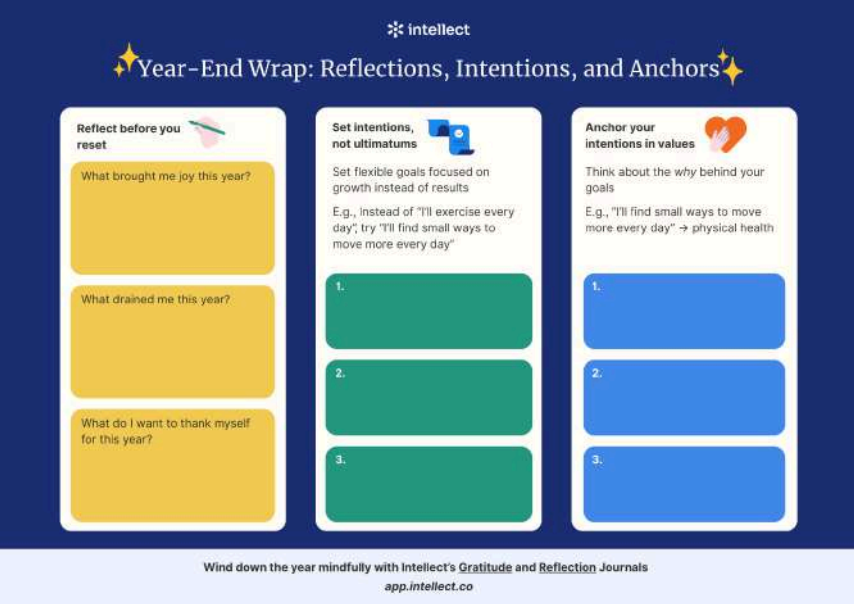
Available in English, Simplified Chinese, Traditional Chinese, Thai, Vietnamese, Japanese, Korean, Bahasa Indo, Spanish, Portuguese (Brazilian), Bahasa Melayu

As 2025 comes to a close, we're wrapping up with a campaign that encourages reflection and setting intentional goals backed by personal values. This way, employees will be more driven by purpose instead of pressure to achieve what they want.

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 etc.) to your whole organisation. You may also include this in your company-wide newsletter.

Suggested send date: 8 December 2025

English

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<p>✨ As we prepare to say goodbye to 2025, let's take some time to reflect and reset for the new year. This time, try to set intentions that are rooted in your values and focused on growth.</p> <p>New Year's resolutions often fail because they are usually driven by outcomes and pressure. Together with our wellbeing benefit, Intellect, we're encouraging you to align your goals with what truly matters to you, and step into 2026 with more purpose and less pressure.</p> <p>Utilise platform content like the Gratitude and Reflection Journals to wind down your year with mindfulness.</p> <p>If you haven't already, get started with Intellect on desktop/ mobile to start booking a coaching/ care/ holistic session.</p> <p>On Web</p> <ol style="list-style-type: none">1. Visit app.intellect.co (please hyperlink here)2. Enter access code CODE*/ Click "Continue with SSO"***3. Create your account using your work email address <p>On App</p> <ol style="list-style-type: none">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 <p>*please use your organisation's unique access code **for organisations with SSO only</p>	<p>Select either the PNG, PDF, or GIF 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.</p> <p>PNG version PDF version GIF version</p>  <p>The screenshot shows a dark blue interface titled "Year-End Wrap: Reflections, Intentions, and Anchors". It features three main columns with interactive elements. The first column, "Reflect before you reset", has three yellow boxes for "What brought me joy this year?", "What drained me this year?", and "What do I want to thank myself for this year?". The second column, "Set intentions, not ultimatums", has three green boxes numbered 1, 2, and 3. The third column, "Anchor your intentions in values", has three blue boxes numbered 1, 2, and 3. At the bottom, there is a footer with the text "Wind down the year mindfully with Intellect's Gratitude and Reflection Journals" and the URL "app.intellect.co".</p>

Simplified Chinese

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<p>✨在准备告别 2025 年之际, 不妨花点时间回顾反思这一年, 并规划新的一年。这一次, 请尝试设定更符合自身价值观, 并专注于个人成长的目标。</p> <p>新年计划常常失败, 是因为人们往往过于注重结果和屈服于外部压力。我们鼓励你使用 Intellect 心理健康平台, 将个人目标与自己真正重视的事结合起来, 以更加坚定、更加轻松的心态迈入 2026 年。</p> <p>使用平台上的“感恩”与“反思”日记等内容进行正念练习, 为 2025 年画上圆满的句号。</p> <p>如果还没有用过 Intellect, 请立即在桌面/移动设备上用它来开始预约辅导、关怀或整体健康课程。</p> <p> 桌面版</p> <ol style="list-style-type: none">1. 访问 app.intellect.co (please hyperlink here) 并点击“注册”2. 输入访问代码 CODE* / “使用 SSO 登入”**3. 使用工作邮箱创建账户 <p> 移动应用程序</p> <ol style="list-style-type: none">1. 选择“我是新用户”, 然后选择“以组织身份加入”2. 输入访问代码 CODE* / 点击“使用 SSO 登入”**3. 使用工作邮箱注册 <p>*请使用贵公司/机构的唯一访问代码 **仅适用于已启用单点登录 (SSO) 的公司/机构</p>	<p>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.</p> <p>PNG version PDF version</p>

Traditional Chinese

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<p>✨在告别 2025 之际, 不妨花点时间回顾这一年, 并为新的一年重新调整步伐。</p> <p>这一次, 试著设定以个人价值为核心、以成长为重心的目标。新年计划常常难以坚持, 因为它们往往被结果与压力牵著走。透过我们的心理健康福利 Intellect, 我们鼓励您将目标与真正重要的事对齐, 以更有意義、也更轻松的心态邁入 2026。</p> <p>使用平台上的「感恩與反思日記」, 以覺察和平靜為這一年畫上句號。</p> <p>如果您們還沒有準備好, 現在就透過電腦/手機使用 Intellect, 預約輔導/關懷/全面課程吧!</p> <p> 網頁版</p> <ol style="list-style-type: none">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 <p> App版</p> <ol style="list-style-type: none">1. 選擇「我是新使用者」(I'm new here), 然後選擇「以組織身份」(With your organisation)2. 輸入登入代碼 CODE* / 點擊「使用 SSO 登入」(Continue with SSO)**3. 使用您的工作電子郵件創建帳戶 <p>*請使用您所在企業的唯一登入代碼 **只限支持單一登入的企業</p>	<p>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.</p> <p>PNG version PDF version</p>

Thai

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<p>🌟 เมื่อเรากำลังจะบอกลาปี 2025 ลองหยุดพักเพื่อทบทวนและเตรียมใจสำหรับปีใหม่กันดูนะ คราวนี้ลองตั้งเป้าหมายที่เชื่อมโยงกับคุณค่าของตัวเอง และมุ่งเน้นไปที่การเติบโต</p> <p>เรามักทำไม่สำเร็จกับปีใหม่มักถูกขับเคลื่อนด้วยความคาดหวังและความกดดัน ด้วยสิทธิประโยชน์ด้านสุขภาพทางใจจาก Intellect เราขอชวนคุณตั้งเป้าหมายให้สอดคล้องกับสิ่งที่สำคัญอย่างแท้จริง และเริ่มต้นปี 2026 อย่างมีความหมายและสบายใจมากขึ้น</p> <p>ใช้เนื้อหาบนแพลตฟอร์มอย่างสมดบันทึก ความซาบซึ้ง และสมดบันทึก สะท้อนความคิด เพื่อปิดท้ายปีของคุณอย่างมีสติและสงบใจ</p> <p>หากคุณยังไม่ได้เริ่มใช้งาน Intellect ใน เดสก์ท็อป/โมบาย เพื่อเริ่มต้นการจองเซสชัน การโค้ช/ การดูแล/แบบองค์รวม</p> <p>ผ่านเว็บไซต์</p> <ol style="list-style-type: none">1. เข้าไปที่ app.intellect.co (please hyperlink here) และคลิก "สมัครใช้งาน"2. ป้อนรหัสสิทธิ์เข้าถึง CODE*/ คลิกที่ "ดำเนินการต่อด้วย SSO" **3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสร้างบัญชี <p>ผ่านแอป</p> <ol style="list-style-type: none">1. เลือก "ฉันเป็นผู้ใช้ใหม่" (I'm new here) ตามด้วย "เข้าใช้งานด้วยองค์กรของคุณ" (With your organisation)2. ใช้รหัส CODE*/ คลิกที่ "ดำเนินการต่อด้วย SSO" (Continue with SSO)**3. ใช้ที่อยู่อีเมลที่ทำงานของคุณเพื่อสมัครใช้งาน <p>*โปรดใช้รหัสสิทธิ์เข้าถึงขององค์กรของคุณโดยเฉพาะ **สำหรับองค์กรที่ใช้ระบบ SSO เท่านั้น</p>	<p>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.</p> <p>PNG version PDF version</p>

Vietnamese

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<p>🌟 Khi chúng ta chuẩn bị nói lời chào tạm biệt năm 2025, hãy dành chút thời gian để nhìn lại và chuẩn bị sẵn sàng cho năm mới.</p> <p>Lần này, hãy thử đặt ra những mục tiêu dựa trên giá trị của bản thân và hướng đến sự phát triển. Các cam kết đầu năm thường dễ thất bại vì chúng xuất phát từ áp lực và mong muốn đạt được kết quả. Cùng với quyền lợi chăm sóc sức khỏe tinh thần từ Intellect, chúng tôi khuyến khích bạn điều chỉnh mục tiêu cho phù hợp với những điều thật sự quan trọng để bước vào năm 2026 với nhiều ý nghĩa và ít áp lực hơn.</p> <p>Hãy sử dụng "Nhật ký Biết ơn" và "Suy ngẫm" trên nền tảng Intellect để khép lại năm cũ một cách bình tâm và trọn vẹn.</p> <p>Nếu bạn chưa bắt đầu, hãy truy cập Intellect trên máy tính/ điện thoại để đặt lịch hẹn với chuyên gia khai vấn/ tham vấn hoặc chăm sóc sức khỏe toàn diện ngay hôm nay!</p> <p>Trên máy tính</p> <ol style="list-style-type: none">1. Truy cập app.intellect.co (please hyperlink here)2. Nhập mã truy cập CODE* / Nhấn "Continue with SSO" (Tiếp tục với chế độ Đăng nhập một lần (SSO))**3. Tạo tài khoản bằng địa chỉ email công việc của bạn <p>Trên ứng dụng</p>	<p>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.</p> <p>PNG version PDF version</p>

<ol style="list-style-type: none"> 1. Chọn "I'm new here" (Tôi là người mới), sau đó chọn "With your organisation" (Với tổ chức của bạn) 2. Nhập mã truy cập CODE* / Nhấn "Continue with SSO" (Tiếp tục với chế độ Đăng nhập một lần (SSO))** 3. Đăng ký bằng địa chỉ email công việc của bạn <p>*mã truy cập duy nhất sẽ do tổ chức của bạn cung cấp **áp dụng cho tổ chức dùng SSO</p>	
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Japanese

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<p>🌟今年もいよいよ終わりに近づいてきましたね。2025年の締めくりに、立ち止まってこの一年の自分を振り返りながら、心を整えて新しい年を迎えましょう。</p> <p>新年の抱負が続かないのは、「結果」や「プレッシャー」に意識が向きすぎてしまうことが多いからかもしれません。そこで今年は、自分の大切な価値観や成長に根ざした“意図”を持つことを意識してみましょう。福利厚生サービスIntellectでは、あなたが「本当に大切にしたいこと」と向き合い、プレッシャーではなく“目的”をもって2026年を迎えられるようサポートします。</p> <p>「感謝ジャーナル」や「振り返りジャーナル」を活用して、マインドフルに一年を締めくくりましょう。</p> <p>まだIntellectを始めていない方は、デスクトップまたはスマホから コーチング / ケア / ホリスティック セッションをご予約ください。</p> <p>📱 ウェブ版</p> <ol style="list-style-type: none"> 1. app.intellect.coにアクセス (please hyperlink here) そして「続ける」をクリック 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 <p>📱 アプリ版</p> <ol style="list-style-type: none"> 1. 「アカウントを作成」を選択し、「組織コード」を選択 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サインアップ <p>*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</p>	<p>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.</p> <p>PNG version PDF version</p>

Korean

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<p>🌟2025년 이 저물어 가는 이 시점, 새로운 한 해를 맞이하기 위해 잠시 돌아보고 마음의 준비를 하는 시간을 가져보세요. 이번에는 내 가치관에 뿌리를 두고 성장에 초점을 맞춘 목표를 세워보세요.</p> <p>새해 목표가 잘 지켜지지 않는 이유는 대부분 결과 중심의 압박감에서 비롯됩니다. 여러분의 웰빙 파트너인 Intellect와 함께, 진정으로 내게 중요한 가치에 맞춰 목표를 세우고 2026년을 더 의미 있고 편안하게 맞이해 보세요.</p> <p>마음챙김으로 한 해를 마무리할 수 있도록 Intellect의 ‘감사 저널’ 및 ‘자기 성찰 저널’과 같은 콘텐츠를 활용해 보세요.</p> <p>아직 시작하지 않으셨다면, 데스크톱 / 모바일 기기에서 Intellect에 접속하여 코칭 / 케어 / 종합 세션 예약을 시작해 보세요.</p>	<p>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.</p> <p>PNG version PDF version</p>

<p>웹에서 이용하기</p> <ol style="list-style-type: none"> 1. app.intellect.co 접속하기 (please hyperlink here) 2. 액세스 코드 CODE*를 입력하거나 / "SSO로 시작"**을 클릭하기 3. 업무용 이메일 주소로 계정 생성하기 <p>앱에서 이용하기</p> <ol style="list-style-type: none"> 1. "I'm new here" (신규 회원 가입) 선택 후 "With your organisation" (회사 계정으로 가입) 선택하기 2. 코드 CODE*를 입력하거나*/"SSO로 시작"** 클릭하기 3. 업무용 이메일 주소로 가입하기 <p>*귀하의 조직에 해당하는 고유한 액세스 코드를 사용하세요 **SSO를 사용하는 조직에만 해당합니다</p>	
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Bahasa Indo

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<p>🌟 Saat kita bersiap untuk mengakhiri tahun 2025, mari luangkan waktu sejenak untuk merenung dan menyambut tahun baru dengan pikiran yang jernih. Kali ini, coba tetapkan niat dan tujuan yang berakar pada nilai-nilai diri sendiri dan fokus pada pertumbuhan.</p> <p>Resolusi tahun baru sering kali gagal karena biasanya didorong oleh tekanan dan hasil. Bersama dengan manfaat kesejahteraan mental dari Intellect, kami mengajakmu menyelaraskan tujuan dengan hal-hal yang benar-benar penting bagimu, agar bisa melangkah ke tahun 2026 dengan lebih bermakna dan lebih sedikit tekanan.</p> <p>Gunakan fitur Jurnal Syukur dan Refleksi di platform Intellect untuk menutup tahun ini dengan penuh kesadaran.</p> <p>Jika kamu belum melakukannya, mulailah dengan Intellect di perangkat desktop/ seluler untuk memesan sesi pelatihan/ perawatan/ holistik.</p> <p>Di Web</p> <ol style="list-style-type: none"> 1. Kunjungi app.intellect.co (please hyperlink here) dan klik "Continue" 2. Masukkan kode akses CODE*/ Klik "Continue with SSO"** 3. Buat akun menggunakan alamat email kantormu <p>Di Aplikasi</p> <ol style="list-style-type: none"> 1. Pilih "I'm new here", lalu "With your organisation" 2. Masukkan kode akses CODE*/ Klik "Continue with SSO"** 3. Daftar menggunakan alamat email kantormu <p>* gunakan kode akses unik organisasimu **hanya bagi organisasi yang memiliki SSO</p>	<p>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.</p> <p>PNG version PDF version</p>

Spanish

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<p>🌟 Al prepararnos para despedir el 2025, tómate un momento para reflexionar y recargar energías para el nuevo año.</p> <p>Esta vez, intenta establecer intenciones basadas en tus valores y enfocadas en el crecimiento. Los propósitos de Año Nuevo suelen fallar porque se centran demasiado en los resultados y la presión. Junto con nuestro beneficio de bienestar mental, Intellect, te animamos a alinear</p>	<p>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.</p> <p>PNG version PDF version</p>

tus metas con lo que realmente importa, y entrar al 2026 con más propósito y menos presión.

Utiliza los Diarios de [Gratitud](#) y [Reflexión](#) de la plataforma para cerrar el año con calma y atención plena.

Si aún no lo has hecho, comienza con Intellect en tu **computadora o celular** y agenda tu sesión de **coaching/ bienestar/ cuidado holístico**.

En la web

1. Visita app.intellect.co. **(please hyperlink here)** y haz 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.

Portuguese (Brazilian)

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<p>🌟 Nas preparações para a despedida de 2025, tire um momento para refletir e se reconectar antes do novo ano.</p> <p>Desta vez, tente definir intenções baseadas em seus valores e focadas em crescimento. As resoluções de Ano Novo costumam fracassar porque são movidas por resultados e pressão. Com o apoio do nosso benefício de bem-estar, Intellect, convidamos você a alinhar suas metas com o que realmente importa e iniciar 2026 com mais propósito e menos cobrança.</p> <p>Use os Diários de Gratidão e Reflexão na plataforma para encerrar o ano com atenção plena e tranquilidade.</p> <p>Se você ainda não o fez, comece a usar o Intellect no desktop/ celular e agende uma sessão de treinamento/ cuidados/ holística.</p> <h4> Na Internet</h4> <ol style="list-style-type: none">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 e-mail de trabalho <h4> No aplicativo</h4> <ol style="list-style-type: none">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 e-mail de trabalho <p>*use o código de acesso exclusivo da sua organização</p> <p>**somente para organizações com SSO</p>	<p>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.</p> <p>PNG version</p> <p>PDF version</p>

Bahasa Melayu

Copy	Images to attach
<p>✨ Sambil kita bersiap untuk mengucapkan selamat tinggal kepada tahun 2025, luangkan sedikit masa untuk merenung dan menetapkan semula niat bagi tahun baharu. Kali ini, cubalah menetapkan azam yang berpaksikan nilai diri dan berfokus pada pertumbuhan peribadi.</p> <p>Azam tahun baharu sering gagal kerana terlalu tertumpu pada hasil akhir dan tekanan. Bersama manfaat kesejahteraan mental kami, Intellect, kami menggalakkan anda menyelaraskan matlamat dengan perkara yang benar-benar penting, dan melangkah ke tahun 2026 dengan lebih tenang dan bermakna.</p> <p>Gunakan Jurnal Kesyukuran dan Refleksi di platform Intellect untuk menutup tahun ini dengan penuh kesedaran dan ketenangan.</p> <p>Jika anda belum berbuat demikian, mulakan perjalanan anda dengan Intellect di komputer/alat mudah alih anda untuk menempah sesi kejurulatihan/ penjagaan/ menyeluruh.</p> <p> Di Web</p> <ol style="list-style-type: none">1. Lawati app.intellect.co (please hyperlink here)2. Masukkan kod akses CODE*/ Klik "Teruskan dengan SSO" (Continue with SSO)**3. Cipta akaun menggunakan alamat e-mel kerja anda <p> Di Aplikasi</p> <ol style="list-style-type: none">1. Pilih 'Saya pengguna baharu di sini' (I'm new here), kemudian 'Dengan organisasi anda' (With your organisation)2. Masukkan kod CODE*/ Klik "Teruskan dengan SSO" (Continue with SSO)**3. Daftar menggunakan alamat e-mel kerja anda <p>*sila gunakan kod akses unik organisasi anda **hanya untuk organisasi dengan SSO</p>	<p>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.</p> <p>PNG version PDF version</p>