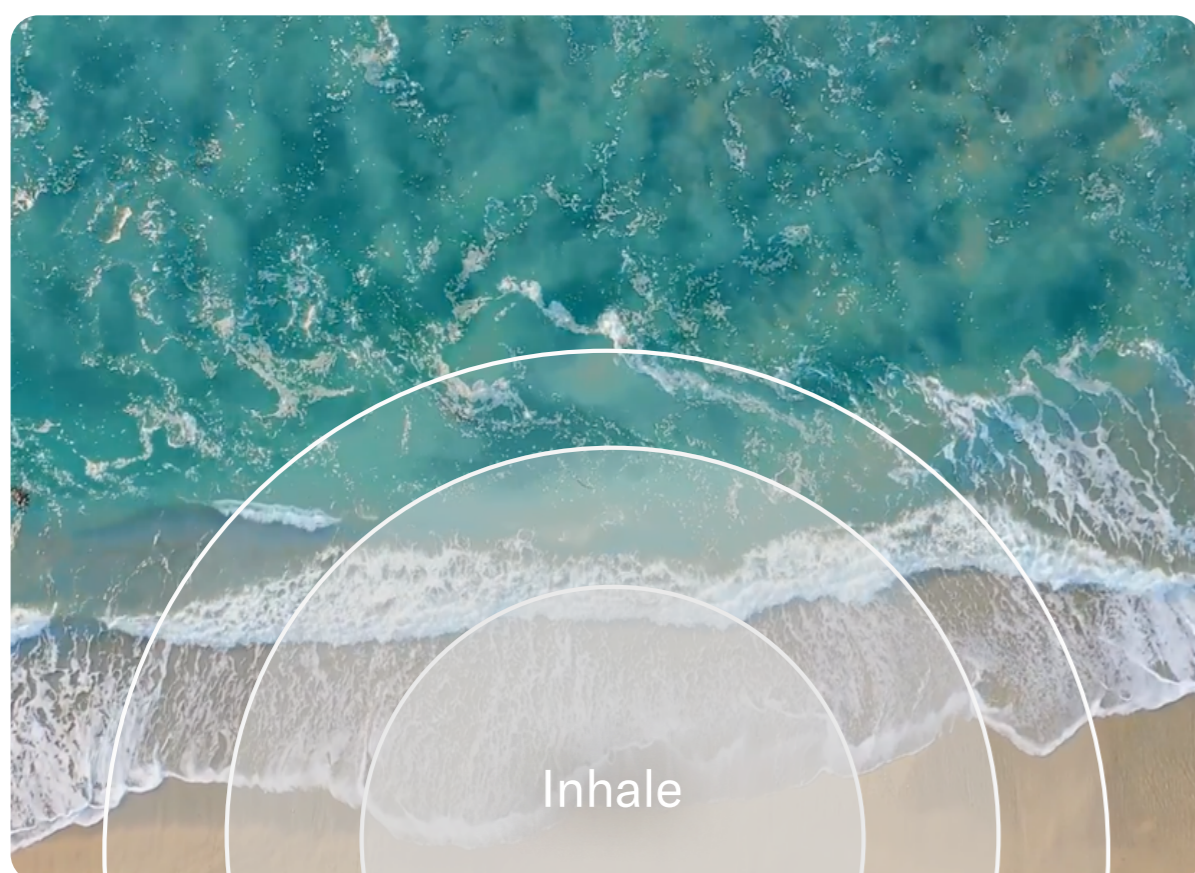


Fuel Productivity through Behavior Change

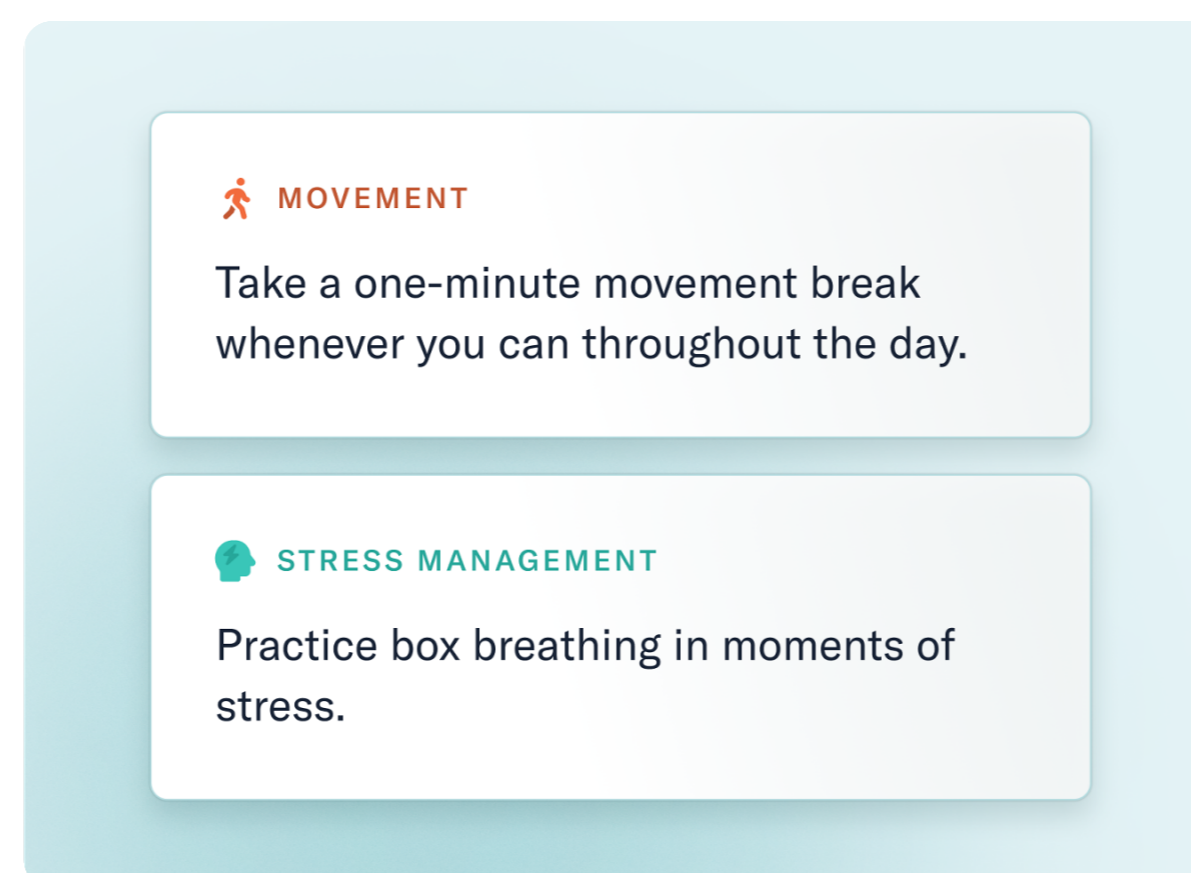
Feel empowered with simple and sustainable well-being strategies and build long-term practices so you can feel your best.

Relax with a Reset



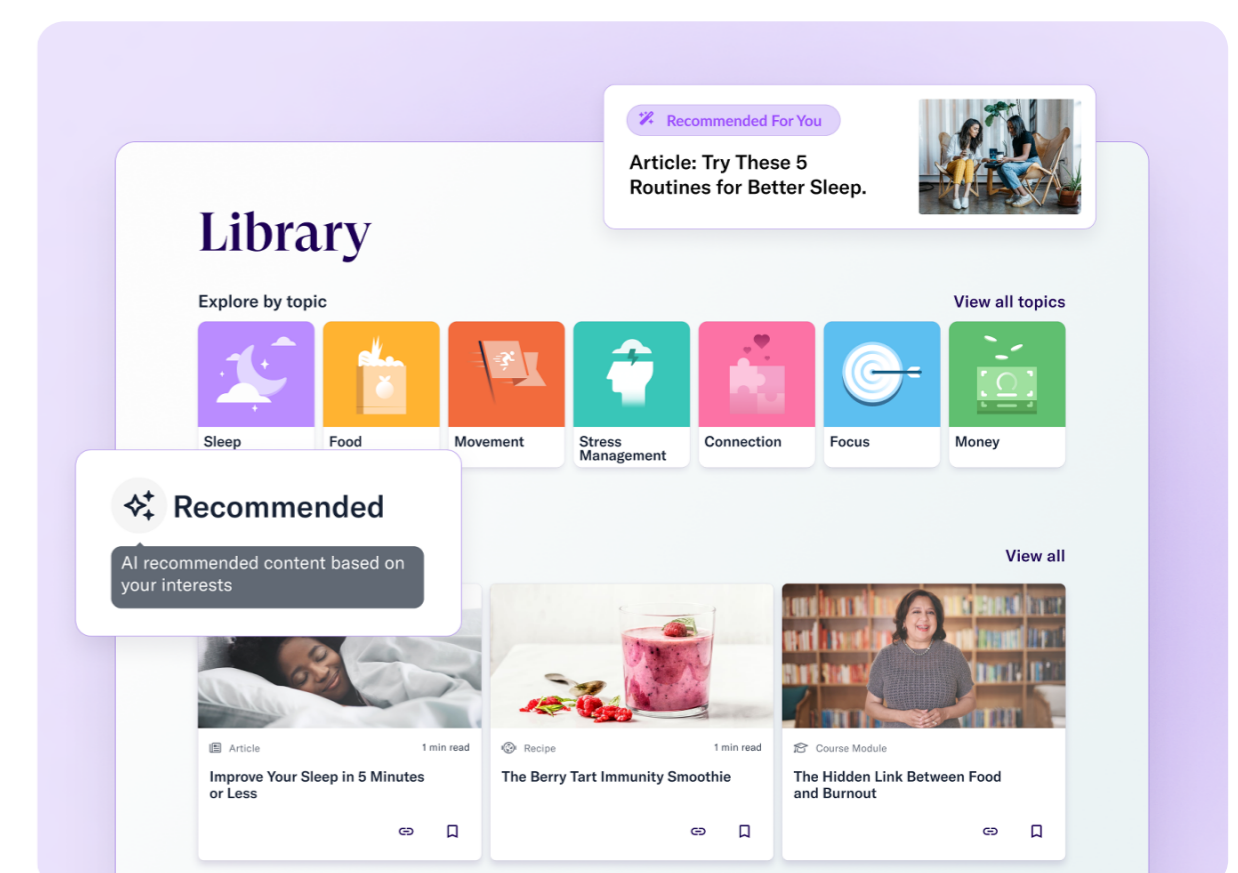
Reduce stress in 60 seconds with over 100 calming Reset videos on themes like breathing, stretching, and gratitude. You can even create your own!

Build Lasting Habits



Take meaningful steps every day with **Microsteps** – science-backed actions that are **too-small-to-fail**.

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