

## ? help | Navigation

We're here to help you get the most out of your day and life. Follow the steps below to get familiar with the tools.

There are plenty of ways to navigate and integrate the tools into your life. Some tools are used daily, while others will be used more periodically.

There are two key components that make up our well-being programme:

1. our website [www.beintent.com](http://www.beintent.com)
2. the [ **Choose My Day** ] desktop application.

- Explore our range of tools and resources for all areas of your life in [ **My Tools** ].

Check out the menu on the left to see tools to

- BE Active
- BE Happy
- BE Linked
- BE Secure
- BE Bright.



MY TOOLS

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The [ **My Page** ] is all about you and is the gateway to all our web-based tools: Here you can:

- 1. Edit your personal information
- 2. Manage your subscription
- 3. View your **Total Self Journey** results.
- 4. Set your **Motivators** for specific areas of wellbeing you want support & encouragement with. (These are delivered through your **CMD**)
- 5. Download your **CMD** application to your desktop (you may like to have this on your home & work computer)



MY PAGE

1

*login daily here!*



MY LIFE

4

- Understand your current use of energy and identifying areas where you can improve your life-balance by doing the [ **Energy Gap exercise** ].
- Start living your life on purpose, by setting yourself some intents and actions in our interactive [ **Total Self Journey** ].



MY FIX

3

- For immediate relief and energy try out our [ **My Fix** ] resources. These tools can be accessed from your [ **Choose My Day** ], or from your [ **My Page** ] on the website when you need them.



MY DAY

2

[ **Choose My Day** ] is our main tool that sits on your computer and feeds you daily with personalised exercises, intents and motivators; and literally lets you choose your day.

- For daily health and inspiration download and install the [ **Choose My Day** ] desktop application.
- View [ **Choose My Day** ] HELP to understand how to get the most out of this desktop tool and look out for the email Lessons in your inbox.
- Set, edit and manage your **Motivators** for daily support.
- Set and track **Goals** in our [ **Choose My Day** ] goal tracker to view your progress