Personal Directions is an interactive resource available to help you and your family build resilience and get answers to all of life’s tough questions. Each day you are faced with events that can have an effect on you, both personally and professionally. Whether it is a health, financial, legal, relationship, or emotional issue, its effects are felt in all areas of your life.

In order to better prepare yourself for the challenges you face, we have compiled information to educate and enlighten you in all major life areas. We hope our assessments, videos, quizzes, courses, articles, calculators and other resources will assist and comfort you.

Categories on Personal Directions:

- Health
- Relationships
- Emotional Well-being
- Financial
- Legal
- Personal Growth

Personal Directions is available to you online:
2. Enter your company login code.
3. Click on the “Go to Personal Directions” button.