

START STRONG STAY STEADY

A new year brings a fresh start — a chance to reset, refocus, and renew your energy. Keep these 5 tips in mind.

START WITH ONE GOAL

Choose one thing you want to do better
- and begin today

FOCUS ON WHAT'S IMPORTANT

Spend time on what really matters
— at work, at home, and for yourself.

BUILD GOOD HABITS

Do the small things every day
— they make a big difference over time.



KEEP YOUR BALANCE

Don't rush. Take things step by step. Slow progress is still progress.

STAY STRONG ALL YEAR

When life feels hard, keep going. Every day is a new chance to try again.

LifeAssist is here to help you stay strong in 2026 — for your mind, body and wellbeing.

Reach out now to invest in your family at no cost to you.

COUNSELLING . LIFE COACHING . HEALTH ADVICE



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