

# LifeGuides is Here for You!

A Resource as You Transition into Your New Role

Hi there,

🎉 Congratulations on your new role!

Your company cares about your wellbeing, which is why they are partnered with us at LifeGuides—a support resource for you and your adult family members.

Starting a new job is exciting—but it can also feel like a lot. You have so much to learn, new faces to remember, and big changes to adjust to.

The good news? We've got your back.

LifeGuides connects you with Guides, real people who have been through life's ups & downs—career changes, stress, balancing work & life, parenting, and everything in between.

So, wherever you're at, there's a Guide for that!

We've assembled this LifeGuides Toolkit for New Hires to support you—take advantage of the provided resources, worksheets, and unlimited personalized guidance at your fingertips.

Our Guides are another resource for you as you navigate life, both professionally & personally!

To your wellbeing,

*The LifeGuides Team*

## How to Get Started:



Ask For Your Unique  
LifeGuides Link

Reach out to your HR/People team to grab the LifeGuides link specific to your company



Follow the Steps to  
Schedule Your Guide Call

Get registered, select a topic, choose your Guide, and have a meaningful conversation



Help from Our  
Wellbeing Concierge

Call 1-877-532-3472, [concierge@lifeguides.com](mailto:concierge@lifeguides.com), or initiate a chat on the platform

# Introducing: LifeGuides

“More Casual Than Therapy, More Qualified Than a Friend”

LifeGuides is like a GPS for your life—our Guides help you navigate the scenic routes & rocky roads. It’s convenient, confidential, unlimited & free.

## How LifeGuides Supports



### Personalized Guidance

Connect with a Guide who understands your journey & can offer real-life insights.



### Expert-Led Group Sessions

Join live discussions on topics like stress, relationships, & career growth.



### On-Demand Resources

Access helpful articles, videos, & tools to support your wellbeing anytime.



### Community & Connection

Engage with a supportive network that encourages growth & resilience.

# Quick Start Checklist

Keep Track of Your Progress with LifeGuides

## Weeks 1-2: Get Familiar with LifeGuides

Watch this [Introduction to LifeGuides](#) video

Explore the [LifeGuides platform](#)—topics & Guide profiles

Bookmark the LifeGuides platform for quick access

## First 30 Days: Take the First Step

Schedule your first session with a Guide

Identify a goal you'd like to accomplish where a Guide could help (career, nutrition, healthy habits, etc.)

Use the “Your First 30 Days” reflection worksheet to check in with yourself

## Month 2: Find Your Rhythm

[See how others have benefited](#) from connecting with a Guide

Identify a challenge where a Guide could help (relationships, work-life balance, grief, etc.)

Check in with yourself using the “60 Days In” progress worksheet

## Month 3: Build Momentum

Register and attend the [LifeGuides Connect events](#)

Reflect on your first 90 days with the “90-Day Reflection & Next Steps” worksheet

Stay connected—set a reminder to check in with a Guide regularly

# Your First 30 Days: Reflection Worksheet

Check In with Yourself & Navigate Your Transition with Confidence

## How Are You Feeling?

Describe your first month in one word:

What has been the most exciting part so far?:

What has been the most challenging?:

## Wins & Growth

What's one thing you've learned that you're proud of?:

Which new coworker has made you feel welcome & how?:

What's something you feel more confident about now than on Day 1?:

## Where Could You Use Support?

What's one thing you're still trying to figure out?:

Is anything causing you stress or uncertainty?:

What would make the next 30 days smoother for you?:

## Next Steps

Identify one goal for the next 30 days

Take a deep breath—you're doing great!

Reach out to a LifeGuide for support

# 60 Days In: Progress Worksheet

Check In to Reflect, Reset, & Move Forward with Confidence

## Looking Back

Write 3 things you've accomplished in your first 60 days:

What has been the biggest surprise about your new role or company?:

Have you developed any new habits or routines that help you succeed?:

## Challenges & Opportunities

What's one thing that still feels unfamiliar or difficult?:

Have you experienced any setbacks? How did you handle them?:

What support/resources would help you feel more confident moving forward?:

## Checking In on Wellbeing

How are you managing work-life balance?:

What's one thing you've done for yourself outside of work that you're proud of?:

Have you connected with a LifeGuide yet? If not, what's stopping you?:

## Next Steps & Looking Forward

Identify one area for growth or improvement

Set one professional goal and one personal goal for the next month

Reach out to a LifeGuide for guidance, encouragement, or just a fresh perspective

# 90-Day Reflection & Next Steps

Check In to Celebrate Your Progress & Set the Stage for What's Next

## Celebrating Your First 90 Days

What are 3 things you're most proud of from your first 90 days?:

What's one key lesson you've learned about yourself or your role?:

What has been your favorite win so far—big or small?:

## Challenges & Growth

What was the biggest hurdle you faced, and how did you navigate it?:

What skills have you developed or strengthened since starting?:

If you could go back to Day 1, what advice would you give yourself?:

## Your Wellbeing & Work-Life Balance

How are you managing stress and work-life balance?:

How have you built connections with your team or colleagues?:

Have you used LifeGuides? If yes, how has it helped? If not, what's holding you back?:

## Looking Ahead

Identify one key area for growth in the next 3 months

Set one professional goal and one personal goal for the next 90 days

Connect with a LifeGuide for support, insight, and encouragement