



# Preparing for 2022

Plan to move forward next year!

- Identify an aspect of your life that you find undesirable. This could pertain to your stress levels, health, career, relationships or anything of unique importance to you.
- Create step-by-step, measurable goals for remedying the situation.
- Track your goal progress over the year and make adjustments where necessary.

Call your Air Force EAP at 1-866-580-9078 (TTY 711) or visit [www.AFPC.AF.MIL/EAP](http://www.AFPC.AF.MIL/EAP) for helpful resources.

