

# Join the 1% Challenge on eM Life

Practice mindfulness via the eM Life website or app for 1% of the day—just 14 minutes—for 30 days beginning January 3, 2023. Improve your mental and physical health, connect to your purpose, and earn great rewards.

As a member of Carebridge EAP, the 1% challenge is available to you and your loved ones to join for free!

## How the 1% Challenge Works

Join the challenge by practicing 14 minutes of mindfulness with a live or on-demand mindfulness session.

1

Sign-up or log-in to eM Life via [myliferesource.com](https://myliferesource.com)



2

Select a charity that aligns with your purpose to support through The Connection.



3

For every minute of mindfulness you practice, we donate to charity.



4

Earn awesome rewards the more you practice.

## Connect to Your Purpose and Make an Impact

Through a consistent mindfulness practice, you can develop a stronger awareness and connection to your purpose. For every minute of mindfulness you practice we double it and donate to our charity partners through The Connection. Find a charity that aligns with your purpose.

