



BE YOU. BE 



# Why Well-being Is Important

- Team members create and represent the Target brand
- Healthier team members lead to a healthier company and a healthier community



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# Health Well-being

## Mind, Body & Soul



- Focus on what is in our control
- Make healthy choices
- Small changes can add up to big rewards

# Social Well-being

## Friends and Family



- Maintain relationships with people in your life who:
  - Are always there for you
  - Share your goals and dreams
- Make time to connect with others

# Career Well-being

## Going Places



- Getting and finding opportunities to learn and grow
- Being recognized for going above and beyond
- Enjoying what you do each day

# Financial Well-being

## Money Matters



- Making the most of what you have
- Being educated on your options
- Planning for your future
- Taking advantage of the programs available



# Community Well-being

## Staying Involved



- Getting involved in where you live
- Contributing in meaningful way :
  - Time
  - Leadership
  - Money



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