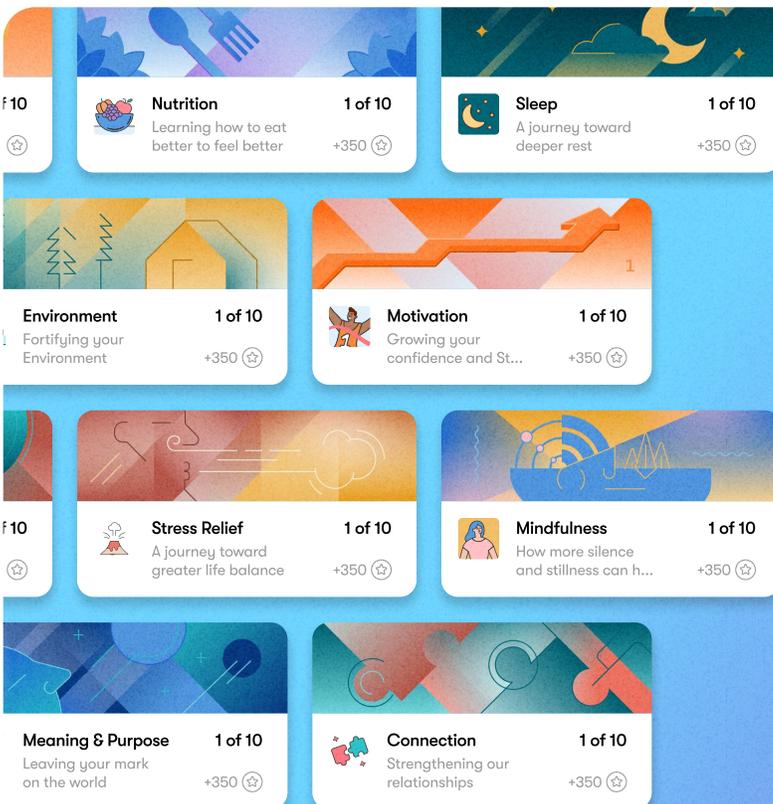


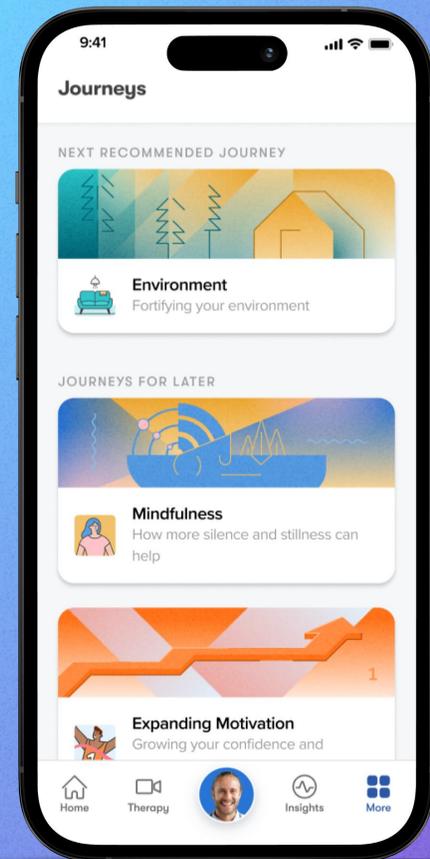
# Journeys

Journeys offer curated educational experiences tailored to various lifestyle categories. Each Journey consists of 10-15 lessons designed to cultivate awareness and understanding, with diverse formats like videos, assessments, and journal prompts.

Journeys provide structured paths to self-improvement and knowledge acquisition. They cater to different learning styles, encouraging continuous learning and incremental, sustained improvements.



Download the Impact Suite app and start a journey centered around your needs.



## Tips for Journeys

- Complete a Journey and explore new ones based on your evolving needs.
- Engage with one lesson per day, taking about 10 minutes.
- Participate in interactive elements to enhance learning.