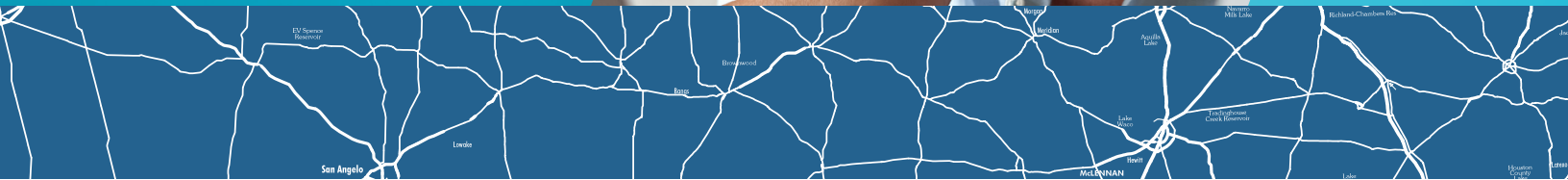


TRS-ActiveCare FINDING YOUR WHY



What Are Your Motivators?

Tune in to the Blue Cross and Blue Shield of Texas (BCBSTX) worksite wellness podcast for a short episode about motivators and finding your why. We'll cover:

- why motivation is important for your wellness goals
- how internal and external motivators help you achieve your goals
- discovering your motivation and finding your why



Listen to the podcast at your convenience!

Click on the link below or scan the QR Code:
**BCBSTX What are your motivators?
Finding Your Why**



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