



# A Step-by-Step Guide to Sign Up for Journey Forward: The M.M.A.P. For Success



Everything starts here: <https://vibe.emindful.com/signup/veteranspath>

**Step 1:** Fill in your information to create your account.

**Step 2:** Select your experience level with mindfulness.

**Step 3:** Select your intentions for mindfulness.

**Step 4:** Choose at least 3 mindfulness categories.

**Step 5:** Click on *Programs* in the top navigation bar.

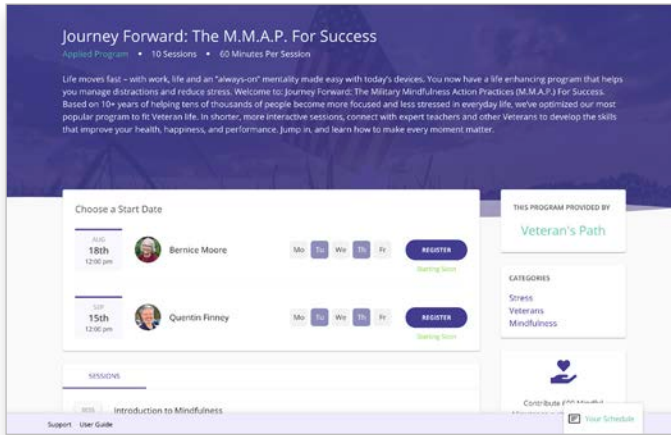
**Step 6:** Select the featured program *Journey Forward: The M.M.A.P. For Success*.



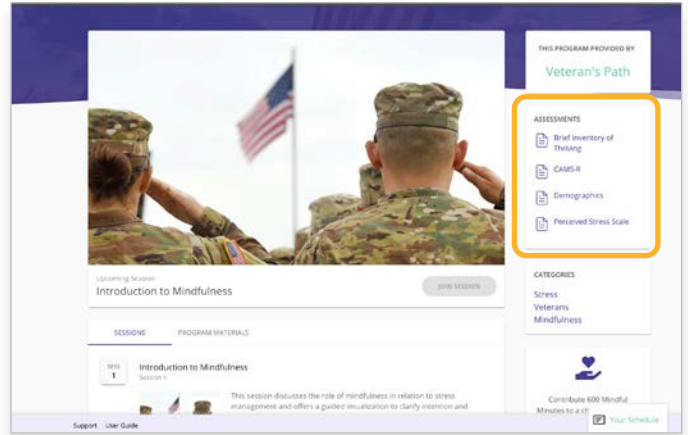
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**Step 7:** Select a date to register. Register for one of the program dates.



**Step 8:** Take a few moments to fill out the pre-assessments, and you're all set!

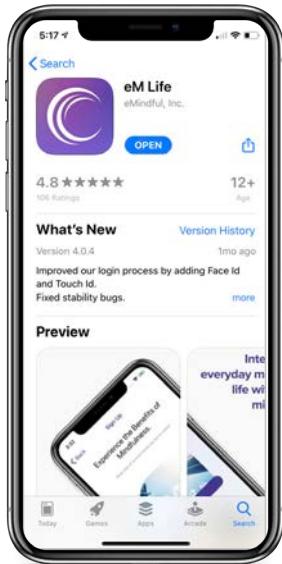




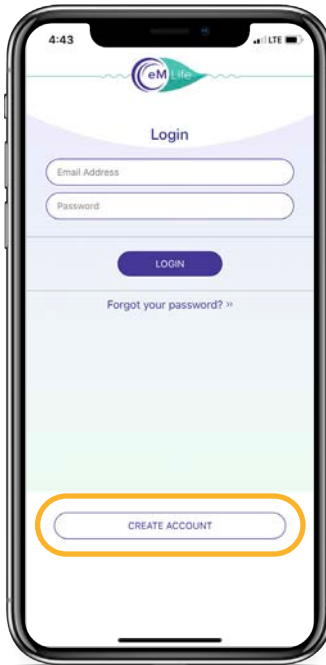
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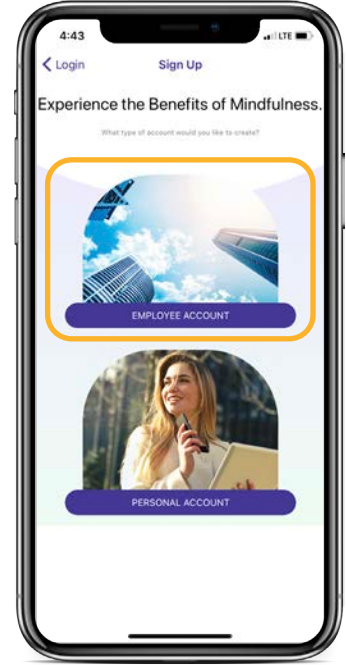
**Step 1:** Download the eM Life app in the App Store or on Google Play.



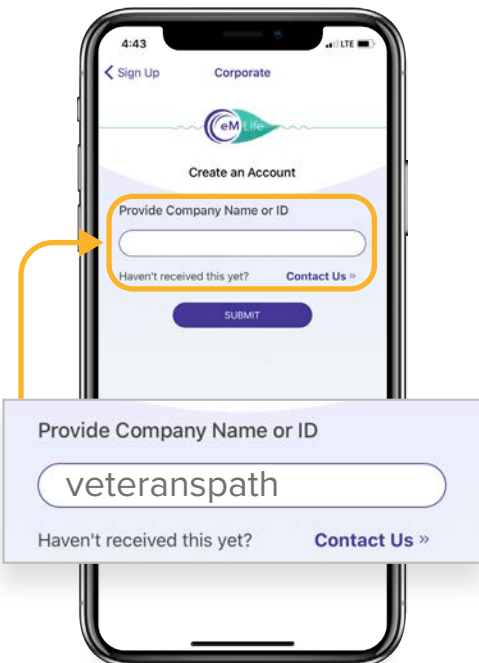
**Step 2:** Click *Create Account*.



**Step 3:** Select the *Employee Account* option to proceed.



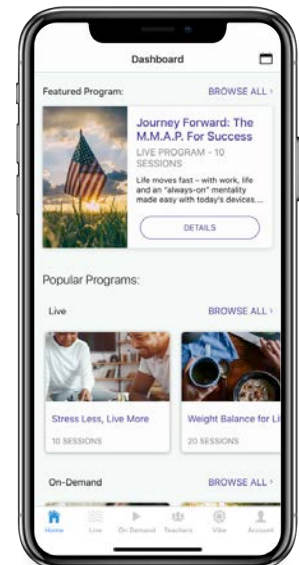
**Step 4:** Enter the company code below.



**Step 5:** Fill out your personal information.



**Step 6:** Scroll down to select the featured program *Journey Forward: The M.M.A.P. For Success*





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**Step 7:** Select *Choose a Start Date.*

**Step 8:** Select your preferred Start Date.

**Step 9:** Take a few moments to fill out the pre-assessments, and you're all set!

