Eating better? Getting active? Feeling more focused? Experiencing greater life balance? It’s different for everyone, but if you’re enjoying your JOOL journey, why not share it?

**Here’s how it works**

For every coworker you invite, who creates a JOOL account (using the link you send them), you get to share JOOL with someone else -- anyone you like. The more coworkers you sign up, the more friends and family you can invite to enjoy JOOL. It’s a great way to spread life-enhancing purpose and well-being through your organization, while offering your own inner circle no-cost access to this powerful, transformational tool.

To start sharing, choose Invite in the JOOL Menu.

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**STEP 1:**
Select INVITE from the main menu

**STEP 2:**
Select “Invite co-workers"  
Modify the message if you’d like. Then click SEND

**STEP 3:**
Select the messaging platform (e.g., email, text) to send the invite message

**STEP 4:**
Once your co-worker has created an account using the link you sent, you will be able to “Invite a friend” using the same steps as above.

Start your journey here: [joolapp.com/ud](http://joolapp.com/ud)