

## OPTIMA EAP THOUGHT OF THE WEEK - 8/25/08

**“If you want to make good use of your time, you’ve got to know what’s most important and then give it all you’ve got.”**

*~~ Lee Iacocca*

Watching Michael Phelps compete in this year’s Olympic swimming events has been an inspiring experience for many of us. While he was lucky enough to be born with physical attributes that make him a phenomenal athlete and swimmer, he would have never achieved his incredible level of accomplishment without training and practice. He put in many long hours of practice to hone his craft, and he now has a record number of gold medals to show for his investment.



You are all born with different gifts, talents, skills and aspirations. Making the most of your gifts involves planning ahead and setting your priorities. Planning your life goals in advance, and working towards them can help you maximize your potential.



Another way to make good use of your time is having the ability to put off immediate gratification for future gains. Goleman, in his book “Emotional Intelligence,” describes how people who are able to put off gratification succeed more often than people who are not able to put it off.



So think about what you want to achieve in your life and start making the investments with all that you have. While we can’t all be Michael Phelps, we all have the same opportunity to be the best we can in whatever area we choose. You never know what “gold” might be in your future.

**Optima EAP is available to provide assistance when one is faced with challenges in home or work life. Please call to schedule a confidential appointment with one of our licensed clinical professionals.**

**1-800-899-8174 or 757-363-6777**

Visit our EAP website at <http://www.ilab.org/hr/sentaraeap.html> for additional topics & information.