

OPTIMA EAP THOUGHT OF THE WEEK - 03/28/11

You are accomplished! Yes, you – you are accomplished!

Now don't be so quick to dismiss that idea ... it is true. It is just likely that you are used to minimizing the accomplishments you have made – and you have made several. Think back to those things that you never believed you would do but are now doing. Or those challenges that you never believed you would get through but you did. Or those roles that you never anticipated assuming but you have, and skillfully, too!

We usually only feel accomplished if our successes are recognized by others. Yet, no one knows how far we have actually come but us. This week, let's appreciate just how very accomplished we each are!



EAP Thought of the Week is developed exclusively for Optima EAP Clients by the Optima EAP Employee Education and Development Staff.

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

