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BEST CARE EMPLOYEE ASSISTANCE PROGRAM

EAP Notes



Uncovering *Nuggets of Wisdom*

*The farther
backward you can
look, the farther
forward you are
likely to see.*

~ Winston Churchill

It's the time of year when we envision and plan for the year ahead. Although this forward-thinking approach is a great way to identify goals and remain organized, what about the accomplishments of the past year? Take a look back to remember these *nuggets of wisdom* that will help your new vision become a reality.

Looking back over the past year, or three years, or five years, ask yourself the following questions:

- ✚ **What have I learned?**
- ✚ **What have I become more skillful at?**
- ✚ **What situations, events, or people helped fuel my progress?**
- ✚ **What challenges did I survive, surmount or persevere through?**
- ✚ **What did I learn from those challenges?**
- ✚ **What set goals did I accomplish?**
- ✚ **What did I accomplish that wasn't part of my original goals?**
- ✚ **Which accomplishments am I most proud of?**

Use your resulting list as a foundation or *treasure map* as you envision and plan for the possibilities of the year ahead. Keep your list handy. You'll want to revisit it to lift your spirits and raise your confidence when new challenges arise along the way.

Source: www.Ivysea.com

Best Care EAP can help with any challenges that you may face in the coming year. Remember your EAP if you or a dependent family member experiences marital/relationship concerns, family matters, grief, depression, stress, substance abuse, career concerns or any other issue. For a confidential appointment with a professional counselor please call, 402-354-8000 or 800-666-8606.

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