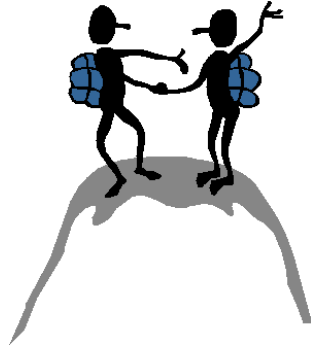


# Life Strategies for Empowerment Part II

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Having spent some time thinking about **strengths** and **improvement goals** in key life arenas, it's now time to take action. It is important to act in both fields – recognizing strengths and defining / implementing steps to take toward meeting improvement goals.

**Take note of your strengths.** They may be strengths that come very naturally. Or, perhaps they reflect things you've worked hard to attain. Look over strengths listed in your chart and elaborate. It may be helpful to jot down specific actions you've taken. For example, refer to the chart presented last week. To elaborate on the **emotional strength** of recognizing anxiety symptoms and triggers, you can list situational triggers that you have found lead to anxiety. As you discover additional situations which have similar effects, add them to your list. This serves as a reminder of the ongoing positive step you are taking to get better control over anxiety in your life.

Consider setting aside some regular time to acknowledge strengths. Some folks formalize this process daily – perhaps at dinnertime or before bed. Say one thing that you did today for which you are proud. State it out loud. Say it to yourself or to whoever is in the room. Alternatively, come together with a group and have each person recognize out loud, something someone else in the group did that day that left a positive impression. It can be surprising to learn what makes an impression on others. Whatever method you use, regular focus on strengths can help enhance appreciation of the many positive things in all our lives.

*"My importance to the world is relatively small. On the other hand, my importance to myself is tremendous. I am all I have to work with, to play with, to suffer and to enjoy. It is not the eyes of others that I am wary of, but of my own. I do not intend to let myself down more than I can possibly help, and I find that the fewer illusions I have about myself or the world around me, the better company I am for myself."*

*~Noel Coward*

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