

## ***Tap into Your Talents***

We all feel pressure to be perfect at times. Whether that pressure is real or perceived, it can come from within us, our environment, or those around us. Although deep down we want to be successful, perform well, and be admired or respected, the reality is that there are some things we're just never going to be good at no matter how hard we try. So often, we buy into the notion that we're supposed to continually work on bettering ourselves. And while personal and professional development is certainly a positive thing, the concept of improvement implies that our current self doesn't quite measure up and that some sort of corrective action is needed. Instead of fixating on what we *aren't* great at, what if we shifted the focus to our strengths and unique skills and leveraged what we *are* good at to achieve real success?

### **Find your forte**

While some of us may already have a good sense of our strengths, some struggle to acknowledge their abilities, or just haven't given it much thought. Either way, take some time to truly consider your skills and begin making a list. If you need some inspiration, start with the questions and prompts below. You can pose them to yourself or, better yet, have someone read them aloud to you, allowing you the time to thoughtfully respond to each one. Just be sure to write down your answers.

- What do you love to do?
- When do you feel the most confident?
- What would your peers/coworkers say that you bring to the table?
- What gives you the truest sense of who you really are?
- Describe a time when you know you've inspired others.
- What or who brings out the best in you?
- Which of your achievements are you most proud of?
- Which tasks or activities do you get the most excited about?
- Describe your perfect day (at work, alone, on the weekend, during vacation, etc.).
- What about your job would make you excited to go into work every day?
- What's the one thing you could do next week that would make you feel like you had truly accomplished something?

### **The advantages of embracing your abilities**

#### ***Boosted confidence***

Doing something you're good at comes with its own built-in confidence booster. Not only are you much more likely to experience success on a regular basis, you'll also feel as though you're positively contributing to the team and mission and that the work you do each day really matters.

#### ***Greater inner happiness and self-acceptance***

Focusing on your strengths and what makes you happy requires some introspection and a willingness to make yourself a priority. The more you're able to confidently embrace who you are from the inside out, the happier you become.

#### ***Higher sense of self-worth***

Regularly feeling that you produce solid, meaningful work leads to an increased sense of pride for what you do and the ability to recognize just how valuable you are.

#### ***More positive outlook***

Positivity breeds positivity. When you're consistently motivated by what you're doing or the people you're with, you're more likely to look forward to the day as opposed to anticipating what might go wrong.

For more on how discovering your strengths can help you be and feel more confident, contact the EAP to speak with a consultant.

The EAP is a voluntary and confidential employee benefit available to federal employees at no cost.

24 HOURS A DAY

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