

RESILIENCY

Resiliency In The Moment: A Year In Review



“Make time to celebrate your accomplishments, no matter how **BIG** or small.”

Take a moment to celebrate your successes this past year.

- What has gone really well this year?
- What has been challenging and successful?

Celebrating is about an appreciation of the process, your effort, those who have supported you along the way, and where you would like to go next. As you reflect on your successes, consider these questions to enrich the experience:

- What did you enjoy most about the journey to success?
- Which of your strengths led to your success?
- What skills did you use to overcome the barriers?
- What are you most proud of through this success?

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Need more help? Employee assistance is available at bjceap.com or (314) 747-7490