

Employee Assistance Program *Tip Sheet*

Shine Your Inner Light

Everyone has a unique set of strengths and qualities that make them who they are. Sometimes, however, it's easy to forget how special and capable we truly are. Your inner light, the unique qualities that define you, is something to embrace, celebrate, and share with the world. By identifying your positive traits and learning how to highlight them, you can present a more authentic, confident version of yourself in everyday life.



- **Reflect on Your Positive Traits.** Take a moment to reflect on the qualities that make you stand out. Are you compassionate, creative, determined, or perhaps a great listener? Ask for feedback from friends, family, or colleagues to gain insight into the strengths others see in you. Journaling can also help you pinpoint the characteristics that set you apart and help you feel proud of who you are.
- **Embrace What Makes You Unique.** Once you've identified your positive traits, take time to embrace them. Sometimes we can feel self-conscious or hesitant to show certain aspects of ourselves, but those qualities are what make you special. Let go of comparisons to others and focus on the unique value you bring.
- **Practice Self-Acknowledgment.** To truly shine your inner light, it's important to practice self-acknowledgment. Celebrate small victories and recognize the moments when you've exhibited your positive traits. Whether you handled a difficult situation with grace, helped a colleague with a project, or offered a kind word to someone in need, acknowledge these actions.
- **Present Your Best Self to the World.** Confidence comes from consistently putting your best foot forward. This doesn't mean trying to be perfect or someone you're not—it's about being genuine and highlighting your strengths in ways that feel natural. Practice speaking with confidence, maintain positive body language, and embrace opportunities to showcase your unique qualities in both personal and professional settings. When you feel connected to your authentic self, it's easier to shine in all aspects of your life.

If you ever need support in exploring or strengthening your inner light, your Employee Assistance Program (EAP) is here to help. With access to free, confidential counseling, you can gain valuable insights and tools to boost your confidence and navigate life's challenges with a more positive, authentic approach.



Your Employee Assistance Program

Anytime, any day, you have access to mental health professionals available to connect you with free and confidential services and resources to help you be your best. Simply call to get started today.

24/7/365 PHONE:
1.800.833.3031

WEBSITE:
EAPHelplink.com

CODE: IOWA



Scan this QR code using your phone camera to go directly to the EAP website