

## Employee Assistance Program (EAP) Newsletter Article

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### Investing in personal growth: The power of self-discovery

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**When you think of personal growth, happiness, and joy, what comes to mind?**

For some, these words may evoke a sense of peace or balance. For others, they may represent achievement, connection, or purpose. As humans, these concepts mean different things to each of us, and that's exactly what makes personal growth such an individual and meaningful journey.

**Personal growth is not about perfection.**

Personal growth can be thought of as an ongoing process, a process that involves evolving and maturing as you move through life. It is about becoming a more fulfilled, self-aware, and resilient version of ourselves.

**There are personal growth paths. No single approach works for everyone.**

Personal growth and self-improvement can be achieved through a variety of established and impactful methods. Some people find success with approaches like reading self-development or reflective books, attending workshops or training sessions, therapy, coaching, and taking courses that build new skills or perspectives.

Others may find growth through journaling, mindfulness practices, physical movement, volunteering, or meaningful conversations. What matters most is finding approaches that resonate with you and fit into your life.

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## Get to know yourself.

Self-growth starts with self-discovery and a willingness to grow and learn. Allow yourself to pause and reflect. Questions to explore when thinking about personal growth are:

- What would it look like if you were to get to know yourself better?
- What would it look like to take an active interest in learning about yourself?
- What am I actively doing to improve my life?
- How am I showing up for myself and others?
- What are areas you'd like to learn more about or improve in your life?

## Practical strategies to help you on your personal growth journey.

Personal growth is not a one-and-done achievement, but a lifelong journey that evolves as you grow.

- **Set clear, realistic goals:** Define your goals and break them into smaller, more manageable steps. Remember, progress often happens gradually, and small changes can lead to meaningful transformation over time.
- **Practice patience and persistence:** Especially when growth feels uncomfortable or slow.
- **Celebrate your successes:** No matter how small. Acknowledging progress reinforces motivation and builds confidence.

## Approach personal growth with curiosity, compassion, and a sense of fun.

Ultimately, personal growth is about creating a life that feels intentional, meaningful, and aligned. When we invest in ourselves, we don't just grow individually; we also enhance how we connect, contribute, and show up in the world around us.

*Additional reading: [Journaling for Mental Health](#) (login when prompted to view the article)*

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**If you or someone you know needs the Suicide and Crisis Lifeline, call or text 988 or use the chat function online at [988lifeline.org](https://988lifeline.org).**