



POWER CHOICES©

Creating Attitudes & Strategies
Tapping Limitless Energy

Facilitating Potential

September 2004

Power Choice #9 – Choose Integrity

In a recent conversation with a friend and colleague, the word Integrity became the topic. My interest now piqued, I referred to Webster, who defines integrity as a “firm adherence to a code of especially moral or artistic values; an unimpaired condition; the quality or state of being complete or undivided;” or simply stated—honesty!

With more thought and conversations, I realized that integrity must start with me. Now, I intend to conduct each interaction with my family, friends, partners or clients with the highest degree of respect for them and me. That when I am asked to play a role or participate, I am clear what are my responsibilities – and then in turn, I will allow others to take on theirs. As a friend, colleague and coach once taught me, “my **no** is **no** and my **yes** is **yes**.”

Integrity is checking in with myself and others to be sure that I am upholding my other values of passion, courage, compassion and responsibility as I live and work and play. It’s up to me to consistently engage in open dialogue, without judgment and criticism. To show up with the intention of getting to the heart of the matter, rather than playing games and causing tension, I participate with an appropriate level of encouragement, involvement and commitment.

When I am going through a tough time or experience a lot of changes, I don’t need to hide out; instead, I can freely ask for help, not making assumptions that others know what I am thinking or feeling. With integrity, I am able to honestly say, “I am afraid,” or “I need your help” or “I don’t know.” People want to help. People want to show that they can contribute especially, when the going gets tough. How freeing this simple word—integrity.

Living in integrity allows me to feel safer, more valued and to in turn help others to feel safer and more valued in my presence by honoring their unique talents, approaches and ideas.

It starts with me to choose integrity!

For Assistance with Power Choices, call Laura Novakowski at 570-477-3388, email lnovakowski@aol.com website and visit www.positivepowerinc.com.

Choices to Ponder

- I choose to speak the truth!
- I choose behaviors that are honorable and honoring!

Truth has no special time of its own. Its hour is now – always.

Albert Schweitzer



A great Book

The Four Agreements

“Be impeccable in your word.”

By Miguel Ruiz

"If you have integrity,
nothing else matters.
If you do not have
integrity, nothing else
matters."

Senator Alan Simpson

Growing Good Corn author unknown

There was a farmer who grew award-winning corn. Each year he entered his corn in the state fair where it won a blue ribbon. One year a newspaper reporter interviewed him and learned something interesting about how he grew it.

The reporter discovered that the farmer shared his seed corn with his neighbors. "How can you afford to share your best seed corn with your neighbors when they are entering corn in competition with yours each year?" the reporter asked.

"Why sir," said the farmer, "didn't you know? The wind picks up pollen from the ripening corn and swirls it from field to field. If my neighbors grow inferior corn, cross-pollination will steadily degrade the quality of my corn. If I am to grow good corn, I must help my neighbors grow good corn."

He is very much aware of the connectedness of life. His corn cannot improve unless his neighbor's corn also improves.

So it is in other dimensions. Those who choose to be at peace must help their neighbors to be at peace. Those who choose to live well must help others to live well, for the value of a life is measured by the lives it touches. And those who choose to be happy must help others to find happiness, for the welfare of each is bound up with the welfare of all.

The lesson for each of us is this: if we are to grow good corn, we must help our neighbors grow good corn.

There's one thing about integrity - you either have it or you don't. When you want to achieve a goal, it is important to understand what you want to do or why you want to do it - those are a given - but the real heart of the matter is what you are willing to give up to get it. In this parable, this farmer was willing to share his best seeds with his neighbors, because he realized that by raising the standard for all, he was able to raise his own standards. He chose to touch lives with a generous spirit, excluding no one—after all how would you control nature.

This is a wonderful lesson for all. Can we not share our trust and respect for each other by being open and honest in personal and professional dealings? Would we not serve our families, businesses and communities better if we were willing to share our special gifts and talents?

The farmer chose integrity to help all. Will we?

**INSPIRING POTENTIAL—
CREATING ATTITUDES & SERVICES TAPPING LIMITLESS ENERGY**

How are you choosing to have integrity?

Complete the following choice inventory...

- Do you see the value of operating with integrity?
- Do you find that you are truthful in your communication and interactions with others?
- Are you open to reviewing a lesson and reflecting on what you have learned?
- Are you clear on what you are willing to change to help you stay in integrity?
- Are you willing to take a stand on an issue of principle?
- Are you open to receiving advise from people , showing that you value their suggestions and feedback?
- Do you take time to ask yourself the question, "Is this the right thing to do?"

Conduct your "Choices Inventory" in conjunction with the action planner found on the last page of this newsletter. You are raising your level of awareness and making conscious choices that will create the life you desire.

Positive Power Strategies, Inc., a company whose sole purpose is help individuals and organizations to discover their true potential and take action to manifest extra-ordinary results.

Laura R. Novakowski, principle of Positive Power Strategies, Inc., is a developmentalist and facilitator whose background as a nurse, executive and facilitator of change helps individuals and corporations to discover and engage their potential - building on "What's In It For Me" (*WIIFM*) and achieving "What's In It For Us" (*WIIFU*) & providing tools that support amazing performance to achieve consistent growth & sustainable success!

IF you are interested in learning more about processes that help you and your organization implement power choice strategies and improve results, please contact us at:

*Phone: 570-477-3388 or Fax: 570-477-2636
or Email: lnovakowski@aol.com and
check out the website: www.positivepowerinc.com*

"I have found that being honest is the best technique I can use. Right up front, tell people what you're trying to accomplish and what you're willing to sacrifice to accomplish it."
Lee Iacocca





Action Plan Exercise: Power Choice #- Choose Integrity

An action plan to support your positive growth.

1. Identify ways that you have operated with integrity in your personal life this week:

2. Identify ways that you have operated with integrity in your professional life this week:

3. Identify situations this week that challenged your integrity:

4. Write how you dealt with the situation and what you learned from the experiences:

*Interested in discussing your success with choosing extraordinary habits?
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