



POWER CHOICES©

Creating Attitudes & Strategies
Tapping Limitless Energy

Facilitating Potential

November 2004

Power Choice #11- Choose to use Energy Differently

Over the past few years, I have been spending much more time getting to know the most important person in my life—me. Most of my life I have been described quite often as a **very** high energy person. In my earlier years, I chose to just put my energy out there and not worry about what it meant to others or myself. As I became more conscious of my energy, I tried to control it differently. Not knowing how to use my energy effectively, I'd suppress it and then explode - I could make the Tazmanian devil looked laid back.

With years of experience, I am now understanding that paying attention to how I use my energy causes me a great deal less effort and stress and that in my past attempts to help others I was draining my energy and actually causing more them distress as well. Then, a dear friend shared with me this thought, "it is the height of arrogance for a person to take on someone else's burden," rather than allowing them to work through it on their own.

Recently, I recently attended a party and struck up a conversation with another woman. She started to tell me how tired she was. Her sister had lost her husband recently and she was trying to help lessen her sister's pain. As we talked, I was reminded of my friend's comment and shared that comment with her. We discussed how we may have a tendency to want to "cure" someone else's pain by **doing** something for them. This costs us a great deal and doesn't really do much to lessen their grief. We discussed alternative choices such as listening, allowing the other person to express their feelings and giving them the space to work through their suffering with empathy.

This was an amazing "AHA" that we both received. Although I may never talk with this woman again, I am grateful that we had the opportunity to discuss how we could make different choices that would give us - and others - more healthy, positive energy. I left the party feeling really energized, not drained from the conversation. Quite a powerful concept - to use our energy differently!

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 connect with extraordinary energy!
- I choose to pay attention to energy wasters!

"He is a wise man who wastes no energy on pursuits for which he is not fitted; and he is wiser still who, from among the things he can do well, chooses and resolutely follows the best."

William Gladstone



A Classic Read

The Power of Positive Thinking

Norman Vincent Peale

Tapping Into Our Own Vast Energy

"Most men and women go through their lives using no more than a fraction -- usually a rather small fraction -- of the potentialities within them. The reservoir of unused human talent and energy is vast, and learning to tap that reservoir more effectively is one of the exciting tasks ahead for humankind."

John W. Gardner



Paying attention to how I choose to use my energy is helping me tremendously. As I am letting go of the energy **drainers** in my life, I am learning to **tap** into my unused talent and energy. This awareness is allowing me to access my potential in ways that are consistent with my strengths. It also allows me to see others' potential and abilities much more quickly, so that together we can achieve exciting results.

Now, through daily self evaluation, I am spending more time developing those skills and expertise that support my innate abilities and assist me in revealing my personal best. This practice has become an invaluable habit for me to cultivate and nurture.

Because of these self-reflective processes, I am finding my life and work with family, colleagues and clients to be much more fulfilling and energizing. I think twice before I initiate a phone call, a meeting or an appointment; this provides me with time to clearly identify the purpose of each interactions. I am much clearer when sharing my intentions with others, so that together we receive mutually beneficial outcomes.

This newsletter is an example for tapping our vast potential. In the past, I researched and wrote newsletters that were adequate but didn't really express ideas and thoughts in a motivating manner. Instead, the newsletters sounded "teachy" and "preachy." This diluted my intention to inspire myself and others to become our extraordinary best. Over time, I am learning to include other authors' thoughts, contributions and quotes which further enhance the value of the content. I work with editors who become personal friends and writing coaches, and who consistently encourage me to stretch and grow.

I am now tapping that "reservoir of unused human talent and energy" to create a monthly publication that serves to inspire myself and others to get excited about life and use more than a fraction of our potential. I am so grateful that with each new day I am able to learn and grow. I invite each of you to join me as we continue tapping into our **own** vast energy!

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

How are **you** choosing to use your energy?

Complete the following choice inventory...

- Do you take time to identify how you feel after you have used a great deal of energy?
- What part of the day do you notice that your energy level feels the best?
- Does your energy affect others around you?
- Do you feel that you make the best use of your energy and actions?"
- Do you take **time** to recharge and reenergize?
- What energizers do you have in your life?
- Do you have any energy drainers in your life?

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.

"The more you lose yourself in something bigger than yourself, the more energy you will have".

Norman Vincent Peale



"Uncertainty and mystery are energies of life. Don't let them scare you unduly, for they keep boredom at bay and spark creativity."

R. I. Fitzhenry

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*



Action Plan Exercise: Power Choice #11- Choose Different Energy

An action plan to support different, more positive energy.

1. Identify times when you are noticing your energy—highs and lows:

High Energy Times

Low Energy Times

_____	_____
_____	_____
_____	_____
_____	_____

2. Describe how you felt when in the high energy times:

3. Describe how you felt when in the low energy times:

4. Describe what you can do differently to help you increase your high energy experiences:

*Interested in discussing your success with choosing extraordinary habits?
Please call Laura Novakowski: Phone: 570-477-3388 or Fax: 570-477-2636 or
Email: lnovakowski@aol.com and check out the website: www.positivepowerinc.com*

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