



POWER CHOICES©

*M.A.G.I.C.A.L.™ Potential:
Going Beyond Purpose to Achievement*

*Be
Inspirational*

February 2005

Power Choice #2– Motivation – Laura Novakowski

Motivation, a.k.a., incentive, reason, drive, enthusiasm, impetus, driving force, inspiration ... our "why" for helping or holding ourselves back. It is easy to be motivated when life is going along smoothly; in fact, motivation can almost be taken for granted. But what happens when life starts throwing us those curve balls? How well can we handle them?

Learning to keep things in perspective has become a great motivator for me. Every day people honor me with their stories, their dreams, their problems and their challenges. And more often than not, I am truly amazed by the way that people rise to the occasion and make "lemonade out of lemons."

I had been working long and hard to make contact with a client, only to find that he had selected someone else. Part of me (actually a big part) went to "poor me - I'm not good enough, I don't know enough, I'm ... blah, blah, blah. I should just give up and find some other line of work." I'm great at making excuses for things not working out. Pity parties are great.

At the same time that I was feeling rejected, I was working in a situation with some **really** disadvantaged women. These women had lost it all - jobs, homes, families, sense of self - lost more than I could even imagine. We were working through some very challenging issues, one of which was the issue of motivation. We discussed whom we could turn to, what talents and skills we had. Their stories and their openness really touched me.

In the midst of the session, one of the women received a phone call. She learned that she had been denied housing and would have to continue living in the shelter with her small child. We all sat there ready to give her support and sympathy. She instead gave us (me in particular) the most magical gift of all - motivation. She squared her shoulders and a wide grin spread across her face as she said, "Well, I guess I just have to start again."

I will carry that picture with me forever. When I want to whine about losing a client, I'll square my shoulders and say with a grin. "Well, I guess I just have to start again!"

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 start again!
- I choose to keep things in perspective!

"Wanting something is not enough. You must hunger for it. Your motivation must be absolutely compelling in order to overcome the obstacles that will invariably come your way."

Les Brown



"A heartwarming story of belief and courage."

The Twelfth Angel

by
Og Mandino

The Rearview Mirror and the "Stuff of life"

Leanne Hoagland Smith



Recently, a dear friend who has been both a coach and mentor called me asking if he and his wife could be of any help. He had learned that I was experiencing significant challenges due to my mother's three-week hospital stay because of liver failure. Additionally, my husband was experiencing a serious but not life threatening health issue. When I heard my friend's voice and his offer, it brought me close to tears. We continued talking and he shared that all of his troubles in his rear view mirror and not on the front hood. I couldn't help, but smile. I quietly responded that eventually these troubles would also be in **my** rear view mirror.

Upon continued conversation, I confided that 20 years ago I would have not have this attitude. I probably would have been poor *me'ing* it as "Why me?" while dealing with these challenges. My conditioning as the older child would not allow me to abdicate my responsibility to my mother; however, I would not be a consistent, calm and steady influence to my sister and to our children.

Reflecting later upon our conversation, I must admit I liked the analogy of the rear-view mirror. How many times in life do **we** feel everything is right in our face - on our front hood - and then later see it behind us as we meet the **next** challenge?

Life is full of stuff hitting our front hood, and how we deal with that stuff, - whatever it is - is a simple matter of choice. By choosing a positive and proactive mental attitude, we have the ability through our unique and exceptional motivation to overcome this "stuff."

Individuals such as Helen Keller and Lance Armstrong have clearly demonstrated such positive attitudes to overcome the "stuff of life." Some may attribute their achievements as being magical. Yes, it may appear *magical*, because these individuals have learned how to align their attitudes and realized that the stuff of life will eventually be in **their** rear-view mirror.

So the question is:

"How will you deal with **your** 'stuff in life?'"

"Dost thou love life?
Then do not squander time,
for that is the stuff life is made of."

Benjamin Franklin

Leanne Hoagland-Smith, **ADVANCED SYSTEMS**, the **Performance Specialist**
Connecting the 3 of P's of passion, purpose and performance
219.759.5601 or leanne@perpetualsuccess.com

Complete the following choice inventory...

- Do you respond or react when life starts "giving you lemons"?
- Do you have more bad days than good days?
- Do you pull everyone else down around you?
- Do you find that "it could be worse" is really a truism?
- Are you willing share your stories?
- Are you willing to listen to others?
- Can you go the extra mile, even when it seems pointless?
- Are you willing to set aside your situation and provide motivation to someone else?

*"Motivation is simple.
You eliminate those
who are not motivated."*

Lou Holtz



*"Desire is the key to motivation,
but it's determination and
commitment to an unrelenting
pursuit of your goal
- a commitment to excellence -
that will enable you to attain the
success you seek."*

Mario Andretti

Conduct your "Choices Inventory" in conjunction with the action planner found on the last page of this newsletter. Finding your motivation will help you to find your *magical potential and go beyond purpose to achievement* to making your dreams a reality and making conscious choices that will invent the life **you** desire.

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

Laura R. Novakowski, principal 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 #2 Motivation

1. Describe what is getting you down right now

2. Describe a situation that could be, and perhaps is, worse

3. Select one step that you can do right now, or stop doing right now, that will motivate you to change the situation

4. Select one person with whom you feel comfortable sharing that step and **tell** them (if it's me, you can email me at lnovakowski@aol.com)

5. Make that change now!

If you are interested in a keynote or seminar to excite the
M.A.G.I.C.A.L.™ Potential: Going Beyond Purpose to Achievement

for you or your people, please contact:

Laura R. Novakowski, R.N., M.B.A., **Positive Power Strategies, Inc.**

by phone: 570.477.3388, mail: 3 Thorny Apple Drive, Hunlock Creek, PA 18621

or internet: lnovakowski@aol.com

Or

Leanne Hoagland-Smith Leanne M. Hoagland-Smith, M.S., **ADVANCED SYSTEMS**

by phone: 219.759.5601, mail: