



POWER CHOICES©

*Facilitating Change
With People, Passion and Purpose!*

*Be
Inspirational*

January 2005

Power Choice #1– Use Imagination – Laura Novakowski

A very wise mentor of mine recently reminded me of the importance of knowing the benefits of using imagination, especially if I am recommending it to someone else. That really started me thinking about why I would recommend that you use your imagination.

As a mother, I was often asked to do some pretty amazing things. One Halloween, our daughter wanted to be a princess. With old curtains, cardboard, needle and thread, she became Guinevere, the Queen of Camelot. Another time, we were on vacation in Maine. It had been raining hard and the beach was strewn with debris making it hard to walk. We played treasure hunt coming back to our camp site with wonderful treasures – pieces of wood we were sure came from a sunken ship, “gems” the size of golf balls that were dropped into the sea from another planet.

As a nurse, I found using my imagination once again very useful. When a child was frightened, we would play “let’s pretend how to be brave on a very scary adventure.” This helped to get past shots and other scary procedures. With someone in pain, I would help them to use their imagination so that they could visualize somewhere that was more comfortable and enjoyable – the beach, the mountains, a special event with family and friends. One young man dying from terminal cancer shared with his wife and me imagining that he and she were on their honeymoon in Hawaii. He described the water, the feel of the wind on his skin, his joy in walking with her on the beach. When he died, his wife was comforted by his memories of their honeymoon and used it to carry her through her grief.

I continue to use imagination to serve myself and others. It helps us find new opportunities, change difficult situations and take steps closer toward building wonderful dreams and ideas. The greatest benefit for me to choose to use my imagination is to find ways to keep me “keeping on” when the going gets rough. Imagination also helps me become more creative when a little spark of an idea has the potential for something extraordinary.

Can you see any benefits in your life if you choose to use your imagination?

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 imagine different endings!
- I choose to paint masterpieces!

*“Logic will get you from A to B.
Imagination will take you everywhere.”*

Albert Einstein



A New Read!

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

by
Leanne
Hoagland-Smith
&
Laura R.
Novakowski

Create a M.A.G.I.C.A.L.™ New Year Leanne Hoagland-Smith



The New Year is here. Many of us are taking the time to reflect, to **imagine** new dreams and to list our goals. Yet, as we engage in these annual activities, the shadows of unachieved goals and failed dreams continue to follow us.

Wouldn't it be great if we could discover a *magical* way that would help to imagine both our personal and professional success and banish these shadows? A colleague and I asked this very question earlier this year and spent the last 12 months researching how successful people use their imagination to overcome life's obstacles. What we discovered was that the elements of success were within each and everyone one of us. The difference in achievement centered around when we as individuals chose to identify and then employ those elements and their supporting success strategies.

Think about your life and your successes. What first comes to mind? If you are like many of us, one person stands out. This individual encouraged you as you struggled with life's obstacles to imagine a better future. In our early lives, this person, or "Mentor," may have been a family member or a teacher.

For me, my first mentor was my Swedish grandmother. As a sickly child, I spent a lot of time with her listening to her adventures in America. At age 16, she worked New York City as hotel maid and cook. Returning to Sweden at 19, she met and married my grandfather. In the ensuing years, she continued to dream about returning to America and having one child born there. This dream was realized at age 41 when she returned to America and gave birth to one child - my father. As I grew older, I appreciated her imagination, determination and courage to homestead in Northern Wisconsin, to serve as an English teacher and mentor to her family and to thrive through the Depression of the Twenties. Though she passed on many years ago, her words and stories continue to mentor me as I build my life both personally and professionally. She was an incredible woman - my mentor - my grandmother.

"Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish."
John Quincy Adams

Now, take a few moments and think of incredible person in **your** life - someone who demonstrated imagination, determination and courage. Ask yourself if you can possibly live your life without this mentor. Then, take this opportunity to stop and say thank you.

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M.A.G.I.C.A.L.™ Potential

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Complete the following choice inventory...

- Do you see value in creating a new invention or coming up with a new idea?
- Do you have an exciting dream that you're not sure how to make into a reality?
- Do you ever play a "Let's pretend" game?
- Do you find it hard to "see" things before you believe them?
- Are you willing to try something new with very little information?
- Are you willing to see someone differently?
- Are you willing to imagine a bad or unfortunate situation improving ?

Conduct your "Choices Inventory" in conjunction with the action planner found on the last page of this newsletter. Using your imagination will help you to move towards making your dreams a reality and making conscious choices that will invent the life you desire.

"Live out of your imagination, not your history."
Stephen Covey



"Limitations live only in our minds. But if we use our imaginations, our possibilities become limitless."

Jamie Paolinetti

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 #1 IMAGINE

1. Describe a difficult or boring situation in **your** present, everyday life

2. Imagine and list 3 **new** ways to approach the above situation

3. Select one of the new approaches you have identified above and write the **first** step to initiating that **new** approach

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

5. Do that **first step** now!

If you are interested in more information regarding the book
M.A.G.I.C.A.L.™ Potential: Going Beyond Purpose to Achievement

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