



# POWER CHOICES<sup>©</sup>

*Inspiring People and Businesses to Find Their Capacity for Amazing Health & Wealth*

*Choose to Navigate*

November 2005

## Power Choice #11– Navigate – Laura Novakowski

Do you ever feel as if your day or perhaps your entire life is one big **minefield**? That **nothing** is going in the right direction? That things just keep **blowing up** in your face?

Strong words! Negative words! Words and thoughts that influence our feelings, behaviors and actions. Believe me, I know, I not only hear them often, I have been known to use these words to talk myself into, or more likely out of, success. Once I realized who was the pilot, who navigated my life – life became a whole lot easier, much more balanced and certainly more fun!

T.S. Elliot once wrote, "The end is where we start from." I have a special mentor who has suggested that I follow a simple process that starts at the end to navigate through my own personal adventures. It's as simple as taking 4 bites from an apple.

**Put your apple (goal) in front of you.** Think it! Write it! Breathe it! Feel it! Visualize your "apple" as often as possible.

Starting at 12 o'clock, take your first "bite." and **assess the goal.** Identify why it's important, who can help you, what will it take to accomplish and how will you achieve it. From experience, if the goal doesn't feel, look or sound right to me then it's probably better not to pursue that goal. But if, once your assessment is done, you feel more energized and excited than take another bite.

At 3 o'clock, **list your options.** That's right, sit down with pen in hand and start writing those choices that will help you achieve your goal. Make it a challenging exercise. Look at of **all** your options – the good, the bad and the ugly. If the option is to run naked down a street for money, you might want to think about that one. Otherwise, you're now ready to take the next bite.

At 6 o'clock, **make a decision.** This is the time when you prioritize. You cross off those options that really won't help and actually may take you further away from achieving your goal. As the list gets shorter, it becomes more difficult. Keep in mind that your decision will affect how you achieve your results. For example, if your goal is to visit the pyramids of Egypt from the US, think about your decision to ride a camel to get there.?

Now you are ready to take the final bite at 9 o'clock. **Solve the problem!** Create the action plan and do it! Set the date! Generate the budget! Enlist support! Create a weekly milestone strategy!

When we channel our **energy**, our thoughts and actions toward making something happen, there's **no stopping us.** Rather than drift towards our goals, we choose to **navigate** through a process to achieve our dreams – those goals with deadlines!.

### Choices to Ponder

- I choose to be in the pilot seat for my life!
- I choose to plot and maneuver through my day!

**"Knowledge is the eye of desire and can become the pilot (navigator) of the soul."**

William Durant



**A Must Read!**

**Hope is Not A Strategy**

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# Navigate Through Your Sea of Beliefs

Leanne Hoagland-Smith

"All personal breakthroughs begin with a change in beliefs."

Tony Robbins

*Much is written about how to change and improve one's life through dreams and goals. If you go to any bookstore or search the Internet, would you not find thousands of books and sites on self-improvement from which to potentially help you navigate a successful course? Even though many of these sources contain excellent information, my experiences have revealed that these sources fail to address and infuse our own personal beliefs.*

*These foundational, internal thought processes, also known as beliefs, determine what an individual does. From our beliefs, spring the attitudes or habits of thought. For it is these beliefs that drive the attitudes creating observable behaviors. When you talk with people, how often do you hear "I believe this" or "My sense is" or "I don't know that, but I believe this?" Every day we use our beliefs to **navigate** through the daily challenges and opportunities that we face.*

*Life is like a sea where we navigate our ship through uncharted waters. Starting at a very early age, we paddle through the shallow waters of these beliefs. As we grew acquiring more experiences, so did our beliefs and the depths of those convictions. Now, our ship is crossing very deep seas navigating through new experiences with old beliefs.*

*Recently, I had the incredible opportunity to explore how beliefs navigate and influence behaviors. A friend made the following statement: "My type of personality is that when I am stressed out, I eat." I asked if he believed this to be true and the response was a very quick and firm "yes." Next I asked: "Who has control over the food that you eat?" The response was "Well, I do. No one is forcing food in my mouth."*

*I then drew 3 concentric spheres on a piece of paper with the inner sphere representing what one has control over, the next outer sphere representing what one has influence over and the final sphere representing what is beyond one's control. After drawing the 3 spheres, I asked: "Since you tell me that **you have 100% control over what you eat and how much you eat**, then **why** do you have a belief that suggests you have **no control** over your eating behaviors?"*



*All of the sudden with loud sigh he said: "So, **that's why** I have never been able to keep my weight off and have successful weight loss. My beliefs conflict with my behavior. I need to change my beliefs, but how do I do that?"*

*My friend took the first step to changing his behavior by recognizing and acknowledging his beliefs. Next I suggested to him to create what some call a positive affirmation statement or what I now call a belief statement. By touching, hearing, seeing and feeling this positive self-talk statement, he will change what he believes to be true and he **will** eventually change what he receives in his life.*

*Navigating our beliefs is not an easy task as it involves reflection and self-awareness. However, my friend made the conscious choice to recognize his beliefs regarding his challenge allowing him a greater opportunity to chart a course where he can connect his efforts to his results.*

Leanne Hoagland-Smith, **ADVANCED SYSTEMS**, the Learning & Process Specialist

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Complete the following Power Choice Inventory...

- Do you choose to **hope** some goal will come up for the day?  
or
- Do you choose to **identify** a target and go for it?  
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- Do you choose to **drift** aimlessly towards your dream?  
or
- Do you choose to **deliberately create** a plan of action?  
∩
- Do you choose to **procrastinate** on the plan that you created?  
or
- Do you choose to **take calculated** action ?  
∩
- Do you choose to **push through** activities without measuring success?  
or
- Do you choose to **establish** a consistent follow-up and review plan to evaluate your progress on achieving your goal ?

Conduct your "Choices Inventory" in conjunction with the action planner found on the last page of this newsletter. Finding **your** inspiration 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 crystallize the life **you** desire.

*If you are interested in learning more about processes that help you and your organization **inspire** new ways of looking at every situation, **implement** Power Choice strategies, and **improve** results, please contact us at:*

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**"The most advanced nations are always those who navigate the most."**

Ralph Waldo Emerson



**"Don't 'over-control' like a novice pilot (navigator). Stay loose enough from the flow that you can observe it, modify, and improve it."**  
Donald Rumsfeld



## Action Plan Exercise: Power Choice #11 – Choose to Navigate

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1. Describe a goal that you are trying to achieve but **think or feel** that you are struggling to achieve

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2. Describe at least 3 **obstacles** that are standing in your way to achieve the above goal

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3. Describe at least 3 **tools** that can help you navigate through the situation to achieve your goal

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4. Select and **put into action** the **one** tool that will take you closer to the goal and write below how and why this tool has helped you to achieve your goal

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*Please contact Laura or Leanne if would like some help navigating.  
We would love to hear from you!*

If you are interested in a keynote or seminar to excite the  
**M.A.G.I.C.A.L.™ Potential: 7 Capacities for Going Beyond Purpose to Achievement**

for you or your people, please contact:

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