



Power Choice #12– Explore

Do you believe it is important to be able to **explore** as a leader?
Are you interested in learning how to **explore** personally and professionally?
Do you feel that the capacity to **explore** can be fostered and developed?

**If YOU do (and even if you do not)...
Please read on!**

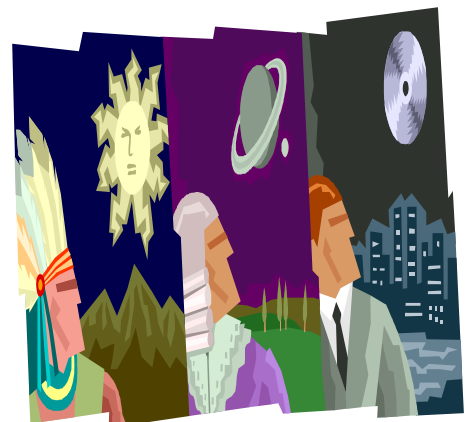
- Learn techniques that can help **YOU** build stronger skills and capabilities to **explore** as achieve your dreams and goals!
- Learn to identify the best ways to **explore** through the “whys” and “hows” within in your life and work!
- Learn the habits and behaviors that enhance your personal and professional capacity to **explore**!

We are interested in helping **YOU** build **YOUR capacity to exploring** capacity to improve **YOUR** life. If **YOU** desire to have extraordinary abilities for **exploration** that will help you to live a life filled with great health, responsiveness & accountability, ethical behaviors, mental expansion, growing family & social relationships, on purpose career performance and financial success, than contact Laura or Leanne to begin **YOUR** first steps in learning on how to **expand your capacity to explore** and put **YOUR** skills and talents to use help you achieve **YOUR** greatest goals and dreams.

We invite you to our websites (see below) to subscribe to **Power Choices®** and we hope that you choose to discover how **exploration** can and will help **You** to change **YOUR** life.

A book about exploration and leadership!

Undaunted Courage
Stephen E. Ambrose



***"I think you have to know who you are.
Get to know the monster (or hero) that lives in your soul,
dive deep into your soul and explore it."***

Tori Amos

Laura R. Novakowski,
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Their Health & Wealth*
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Leanne Hoagland-Smith,
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Explore Your Universe of Capability!

Laura Novakowski

"You can explore the universe looking for somebody who is more deserving of your love and affection than you are yourself, and you will not find that person anywhere."

Anonymous

What could it mean to **explore** those attributes of life, learning and leadership that are present, but perhaps untouched that would lead you to live an extraordinary life? How can you find that untapped potential that dwells so deeply within you, that you're not sure it exists? How can you believe and act upon that small voice that whispers within "You **can** make a difference," or "You **have** the answer." but, for some reason you don't heed and so never reveal your true potential.

Mark Twain (Samuel Clemens) once wrote, "**Explore**. Dream. Discover!" The greatest **explorations** happened because of those risk takers and dreamers who fed off of mystery, adventure and even danger. Just suppose that you were that **explorer** and what if the greatest most exotic and exciting place you were to go was into your own "**universe of capability.**"

As 2007 winds down, why not embark on a journey that will set an amazing stage not just for 2008 but for the rest of your life? Get off those paved roads of "No you can't do the job!" "Others are better than you!" Start blazing your own trail through the weeds of self deception, the bushes of self doubt and get to know yourself!

There are no short cuts or easy outs. The life of the self-**explorer** is more dangerous and frightening than the adventurer that is traveling into a jungle. You will use every ounce of daring and creativity to discover your hidden gifts and talents. Years of conditioning have caused you to distrust that person whom you are with every second of the day and often times you rely on the least. Now, this forthcoming expedition on will challenge you to look at **all of you**. You will learn to continually ask, "What are the strengths that will help me reach my dreams and goals?" "How can I find those opportunities that will help to transform my day-to-day sometimes painful existence into a life of rewards and purpose-filled action?"

We use devices such as high power telescopes and microscopes to access outer space and atoms to help discover the tangible aspects of our universe. But if we have to sit down alone with our thoughts and ourselves we are at a great loss. "Where do I start?" you might be asking.

My suggestions for successful self-**exploration** are the following:

- Sit down alone with a blank page and ask "What is really important in my life?"
- Establish a personal and professional developmental process that focuses on goal achievement
- Voluntarily engage in formal and informal self-assessments or feedbacks
- Find a mentor or a coach
- Be courageous

Exploration is not easy.

Focus and find support as **explore** your "**universe of capability.**"

You will discover a life worth living.

Good luck!

Laura Novakowski, MBA, RN
Positive Power Strategies, Inc.
*Inspiring People and Businesses to Discover
Extraordinary Health & Wealth*
<http://www.positivepowerinc.com/>



***Exploration Is Part of
Whom We Are***

Leanne Hoagland-Smith, M.S.

***Explore thyself. Herein are demanded
the eye and the nerve***

Henry David Thoreau

Being a first generation Scandinavian in the United States, I grew up hearing about the **explorations** of my ancestors such as Leif Erickson. These Vikings appeared to be fearless in the love for **exploration**.

Later, I read about the journeys of early Americans from Daniel Boone to Lewis and Clark. However I had the benefit of learning first hand from my Swedish grandmother, Hilma, all about what it takes to be an **explorer**.

She **explored** America as a young woman two times when she worked in New York City. This very short lady was very tall in her belief of herself. She knew that **exploring** life began within her and her limitations were hers alone.

At the age of 40, she returned through the gates of Ellis Island with my grandfather along with her 3 sons and one daughter not knowing that she was pregnant with my father, her fourth son and youngest child. She and my grandfather settled in the northern woods of Wisconsin and began to **explore** how to build a farm and create a sustainable life for their family. Later the depression happened and my grandmother took the family to Chicago so that they could find jobs to pay the taxes on the family farm and keep it out of the hands of the bank.

Hilma **explored** Chicago with the same enthusiasm and fearless that she had 20 years previously when she **explored** New York City. She landed a job at the Conrad Hilton hotel as a cook and along with my grandfather's various jobs her efforts kept the family farm from foreclosure.

Life to this incredible lady was just a series of **explorations**. Her belief in her own ability allowed her to demonstrate numerous capabilities from cooking to sewing to managing to raising five children who shared her love of explorations. One of those children, my Uncle Cliff **explored** the field of jet planes and received the third license as a jet mechanic even issued in the USA.

As the end of 2007 comes to a conclusion, hopefully this story will help you look at 2008 with a new lens or filter that being **exploration**. How can you **explore** more of your life? What can you do differently in 2008 so that you can realize more personal, professional and business success? You may also wish to ask yourself What is keeping you from **exploring** life?

For **exploration** is just as much as having the desire to go forward as it is in preparing for those potential obstacles that come from **exploring**. Your success in **exploration** will always remain within your belief that - **Yes You Can** - continue no matter what happens.

Leanne Hoagland-Smith, M.S.

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Resume Safari

Stephen Sisselman

Book Recommendation:

"The SPEED of Trust"
By: Stephen M.R. Covey

**Disclaimer: Please have a pen and paper handy for this article*

Tis the season for business reviews. All throughout the corporate world evaluations of both company and individual productivity are getting underway. It's a great opportunity for everyone to take a look at the past year, see what happened, see what could have been done better and most importantly set goals for improvement for next year. This process can also be applied on an individual level by doing a self-**exploration**.

To begin, take out your latest resume and begin to see if you see yourself looking back at you. A resume is an important part of anyone's life as it showcases work history and personal success on a one-page document. Next, look where you have been. Explore all the success you have had, as if it made it to your resume, your one page reflection, then it certainly means something to you.

To begin the **exploration** process, ask yourself the following questions (And yes, its time to use the pen and paper, these questions require **written** answers):

- Am I happy with my address?
- What did I learn with my education?
- Are my special skills or talents being utilized?
- What have I learned recently at my current job?
- What did I learn from my past jobs that I applied to my current job?
- Are there any additional skills, talents or experience that I can apply to my current job?

Use your answers to these questions to help you evaluate your own performance and then move on to the next questions:

- Am I happy with my resume?
- On a scale from 1 to 10 what would I rate it?
- What would it take to bring my resume up one point (from a 5 to a 6 or a 6 to a 7)?
- What would I like my resume to look like, one year from now? Two years from now? Five years from now?

Using your answers to those questions formulate goals that excite you and begin the process of their accomplishment.

Make everyday a day to remember!
Stephen Sisselman, BS, MT (ASCP), MS
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On a scale of 1 to 10, with 10 being extraordinary, score your personal and profession capacity to **explore**:

Does my capacity to **explore** help me to achieve my life's purpose? ___

Does my capacity to **explore** help me to achieve physical health and wellbeing? ___

Does my capacity to **explore** help me to achieve my mental growth and development goals? ___

Does my capacity to **explore** help me to in my relationships with family and friends? ___

Does my capacity to **explore** help me to better serve my community? ___

Does my capacity to **explore** help me to achieve my full financial potential? ___

Does my capacity to **explore** help me to achieve my full career, profession or business potential? ___

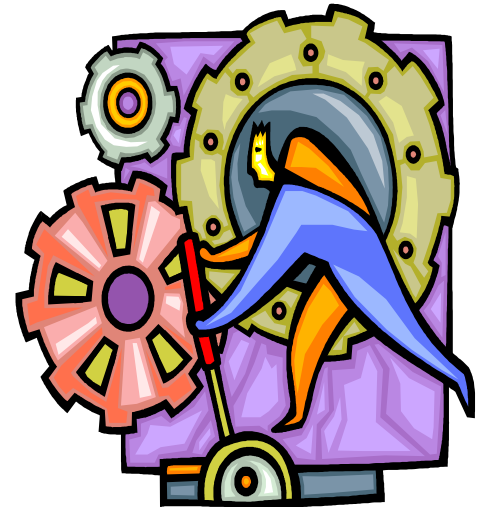
Does my capacity to **explore** help me uphold my beliefs, ethics and values? ___

Does my capacity to **explore** help my ability to change and grow personally/professionally? ___

Identifying **YOUR** capacity to **explore** can help you to achieve extraordinary goals and live an amazing life. The next step is to start a **Power Choice**© goal achievement system in an area that will help you to achieve **YOUR M.A.G.I.C.A.L.**™ goals.

*If **you** want to discover some exciting tools and techniques to help you to expand **YOUR** capacity to **explore** and to help you to double your performance potential please call:*

"Explore your mind, discover yourself, then give the best that is in you to your age and to your world. There are heroic possibilities waiting to be discovered in every person."
Wilfred Peterson



"There are many spokes on the wheel of life. First, we're here to explore new possibilities."
Ray Charles

Laura R. Novakowski

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