



POWER CHOICES©

Creating Attitudes & Strategies
Tapping Limitless Energy

Facilitating Potential

August 2004

Power Choice #8 – Choose to Be Open to Serve

Early morning rush hour is one of the worst times of the day to get slowed down or stopped. Accidents throw us off balance and we often consider ourselves more inconvenienced than the poor victims that are involved.

On one particular morning, intent on getting to an early appointment, CD playing in the background, I was suddenly stopped short on the highway at the edge of a small town. A young soldier, dressed in fatigues, was kneeling in the middle of the road; I almost didn't notice him. Slamming on my brakes, I started to think what a stupid thing to do, kneeling in traffic and then next I was concerned he was hurt.

Slowly this large man rose, traffic at this point stopped in both directions, as we watched in amazement. In his hands, he held a small, struggling rabbit. Stroking it, he walked with purpose to the side of the road into a wooded area. Gently he placed the bunny on the ground and seemed to be examining it. Traffic around me started to get restless and I realized that I needed to move on into my day. I rolled down my window and called, "Thank you."

The soldier rewarded with me with a warm smile. I was suddenly overcome with emotion that this young man had been open to serve the defenseless. His training - probably even more, his parenting, education and spirit - caused him to be open to identifying when someone or something needed protection. He chose to spend his time being alert to situations and conditions that would require his services and taking action on it.

This situation perhaps took less than 5 minutes and yet this young soldier taught me a valuable lesson. He chose to be open to serve. To help any living thing, he chose to be open with his time, his talent and his courage. He was dressed for duty, and he took charge of a situation that could have easily been ignored.

He chose to be open to serve. Are we?

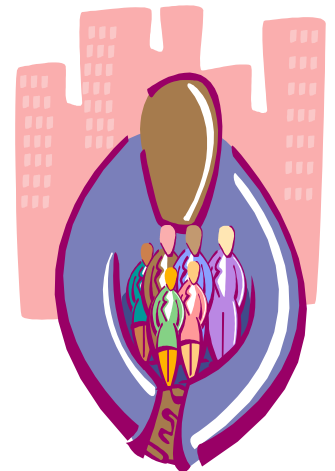
For Assistance with Power Choices, call Laura Novakowski at 570-477-3388, email lnovakowski@aol.com website and visit www.positivepowerinc.com.

Choices to Ponder

- I choose to keep my eyes open!
- I choose to listen with my heart as well as my ears!

"The only factor becoming scarce in a world of abundance is human attention."

Kevin Kelly



"Recommended Great Read:

SERVANT LEADER

By
Kenneth H. Blanchard,
et al

"The mind has exactly the same power as the hands: not merely to grasp the world, but to change it."

Colin Wilson

Choose to be Open

When we and people that we love are healthy, fully functioning and clearly focused on our agenda, life is relatively easy. We move into an entirely different world when something affects us or those closest to us and, although we try desperately to act as if nothing has changed, we move into a mode of increased control and intolerance.

In a recent doctor's appointment with 2 family members, I did not choose until after the visit to be open to a productive, collaborative appointment. Even though we were on time, our appointment was one hour late. We learned from the conversation in the waiting room, this was relatively short; normal wait time is more than two hours. Next we were ushered into a room by the physician's assistance, who was very pleasant, introducing herself, but not apologizing for any delay. I introduced myself as a nurse thinking that would help us create a common bond, but upon retrospect, realize that might have led her to think that I didn't respect her judgment and expertise.

She proceeded with an interview and evaluation that took almost 45 minutes. My family later indicated that that was a record; they were usually out in 10 minutes. She patiently reviewed with me the medical record, rephrased questions to my family member and generally spent most of the interview attempting to convince me that she was following the correct course of treatment. I was relentless, I continued to ask challenging questions determined to get the best care for my loved one. Finally, she asked me if I wanted certain treatments changed - she could make some adjustments. Her questions stopped me short. Suddenly, I realized that this interview became about two egos rather than about the patient who was in need of care and expertise. Fortunately, I pulled back and acknowledged that there had been some improvement and that we could and should continue with some slight modifications in her treatment plan.

Upon leaving, she thanked us all and wished us well. As she walked back to a charting area, I could see her glance furtively at me. I realized she was relieved that I was leaving.

At first, I felt justified in my behavior, after all, it was to get the best care possible for my loved one. But I still was left with a nagging feeling that I should have gone back and said, "Let's start again and come up with solutions to help my family member receive the best course of treatment."

Fortunately, I had a conversation later that day with a dear friend. He allowed me to vent all my frustrations at a system that I had spent 20-odd years serving. When I was done, he quietly reminded me that we all do the best we can with what we have. But somehow we get caught up in our own stuff. Even more we have been conditioned to behave in certain ways - we lock in on what we think is right. Then a tug-of-war ensues and no one wins.

After much reflection, I realized that I could have contributed in a very different way to the interview. I could have contributed solutions rather than resistance - next time I will choose to be open to my role and I will contribute much differently!

How are you choosing to be open?

Complete the following choice inventory...

- Do you see something new each day at home or at work?
- Do you do something new or different at least once per week?
- Are you willing to try something new, a food, an idea?
- Are you open to getting results that are different than what you expected?
- Are you willing to change your routine?
- Are you willing to allow someone to teach you something new?
- Are you a person who is open to serving someone or something without calling attention to it?

Conduct your "Choice 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.

"People deal too much with the negative, what is wrong... Why not try and see positive things, to just touch those things and make them bloom."
Thich Nhat Hahn



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:

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or Email: lnovakowski@aol.com and
check out the website: www.positivepowerinc.com*



Action Plan Exercise: Power Choice #8- Choose to be Open to Serve

An action plan to support your positive growth.

1. Identify at least 4 benefits that can be gained by being open

1. List for 7 days opportunities open to you to serve differently than was expected of you and check yes or no if you acted upon the opportunity.

	YES	NO
Sunday _____	<input type="checkbox"/>	<input type="checkbox"/>
Monday _____	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday _____	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday _____	<input type="checkbox"/>	<input type="checkbox"/>
Thursday _____	<input type="checkbox"/>	<input type="checkbox"/>
Friday _____	<input type="checkbox"/>	<input type="checkbox"/>
Saturday _____	<input type="checkbox"/>	<input type="checkbox"/>

3. Write observations regarding what you learned or felt about the experiences:

*Interested in discussing your success with choosing extraordinary habits,
please call Laura Novakowski: Phone: 570-477-3388 or Fax: 570-477-2636 or
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