

Power Choice #8 – Love Life!

Do **you** take time to laugh and play?
Are **you** challenged with finding joy?
Are **YOU** *really, really, really* loving your life?

Interested?
Please read on!

Just suppose you engage practices and behaviors that give you insight into how to enjoy your life, all those motivators, all those positive habits that could give you the most joy and satisfaction!

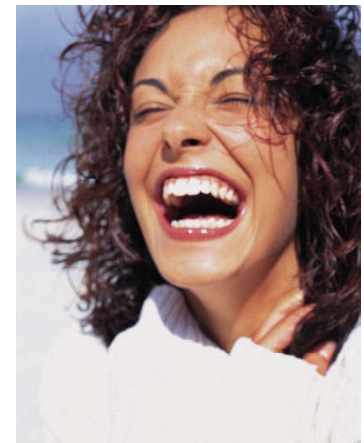
- Imagine what it would feel like to **YOU** if you had a greater **love** for yourself and your **life**!
- Image what it would feel like for **YOU** if **loving life** led you to even greater **personal satisfaction**!
- Imagine what **YOUR** professional life would look like if you unearthed tools and strategies to increase your ability to **love your work life**!

We are interested in helping **YOU** build **YOUR** capacity to love your life totally while **discovering** those tools that will help you take life-changing actions that lead to a life filled with purpose, improved health, financial independence, social responsiveness, enhanced ethical behaviors, expanded mental capabilities, amazing career performance and nurturing family relationships.

A great parable!

The Choice

Og Mandino



"You will find as you look back upon your life that the moments when you have really lived are the moments when you have done things in the spirit of love."

Henry Drummond

We invite you our websites (see below) to subscribe to **Power Choices®** and we hope that you choose to discover what you **love** in a positive **life**!

"Happiness, that grand mistress of the ceremonies in the dance of life, impels us through all its mazes and meanderings, but leads none of us by the same route."

Charles Caleb Colton

Laura R. Novakowski,
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To Love Life - Add 3“M’s” and an “I”

Laura R. Novakowski

***“Committing one’s motivation,
manner and magic to a powerful
intention is a sure way to love life.”***

Laura R. Novakowski

If you had 3 ingredients that could change how you look at life, would that be of value to you? I’m going to take a risk and make the assumption that you **would** find these ingredients desirable.

First add **M**otivation...

Charles “Tremendous” Jones wrote a great little book about motivation called ***Life Is Tremendous***. His philosophy is *“person can either drive himself or be driven; motivation makes the difference.”* In the book, he explains that every person has three great decisions to make in life. I don’t want to give away too much of the book. It’s definitely worth reading. Discovering what are your **motivators**, what brings you joy, energy and inspiration can and will make a *tremendous* difference in your life.

Next add **M**anner...

In the 200-year-old classic, ***Mutiny On The Bounty***, the captain of the ship, Bligh had to quickly change his leadership style, his **manner** of approaching his crew in order to avert disaster. He had been so autocratic and controlling that the men on board set him and 18 crewmembers adrift in a lifeboat. Without charts and navigational devices, he and the crew managed to sail more than 3000 miles in the open sea and arrive safely to a Dutch colony. Now, he could have chosen to hold tightly to a manner of leadership and life that was demeaning and overbearing. Fortunately, he realized the value of his crew - his team and changed his **manner** into a leadership style of mutual respect, understanding, appreciation and teambuilding.

Then add **M**agic...

In a style reminiscent of Tolkien, ***The Magic Lantern: A Fable about Leadership, Personal Excellence and Empowerment*** is a wonderful fable written by Joe Rubino about self-discovery and personal growth. Opportunities to learn what it takes are to find a life that works, filled with harmony and endless possibilities are often overlooked. This book has many great lessons, but the essence for me is the **magic** of belief in ourselves and our ideas and the ability to see endless possibilities in spite of many obstacles.

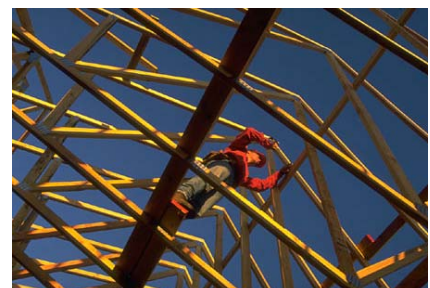
We now have the 3 “M’s.” I would like to add the final “I”

Add **I**ntention”

One of my favorite quotes is, **“if you know your why, your how will show up.”** I’m not sure whom I can credit the quote, but I have come to believe that discovering our why, our purpose, our clearly defined intention can help us to live a more positive and joy filled life. When I discovered that my why, my **intention**, was and is to help myself and others become our personal best, I found that life became a whole lot more interesting and worthwhile. I can jump out of bed and shout, ***“Thank GOD it’s morning!”*** instead of saying “Thank GOD... another day.”

These 4 ingredients – Motivation, Manner, Magic and Intention help me **love life**. If you give them a try, they just might work for you. Good Luck!

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**Loving Life is
Always a Choice**
Leanne Hoagland-Smith

"As water, when transmuted into steam, becomes a new, more definite and wide reaching power, so passion, when transmuted into intellectual and moral force, becomes a new life, a new power for the accomplishment of high and unending purposes."

James Allen

Have you ever observed individuals who always appear to be "**up**"? Did you wonder how could these people be so happy? Were you just a little envious of their happiness? And finally, have you ever wished that you could sincerely be full of such life and energy?

If you have experienced any of these thoughts, you are not alone. **Loving life** is not easy given that we are conditioned from early childhood to early adulthood to embrace misery before we embrace joy. However, there is one proven way to begin to be that **intentional** individual who truly loves life and attracts the bounties of life by connecting your passion to your purpose. By taking action, your performance or love of life will dramatically increase and you will begin to reap the bounties from this paradigm shift.

*Have you ever written your **own** purpose statement?* Defining your individual purpose is the first step to loving life. This statement answers the question - "*Why am I here?*" In framing this answer, you will also need to think about the "gifts" that you bring to the "table of life." These gifts are many and may include: gratitude, joy, optimism, thoughtfulness, intelligence, creativity, loyalty and determination.

The completion of your purpose statement primes the pump to crystallize your passion. *What motivates you to continue the daily grind? What energizes your inner spirit when life is overwhelming? What do you truly enjoy?*

Loving life is much easier when you have understood both your purpose and passion. Of course, there will always be challenges or what I call negative energy drains that will keep you from loving life. However, with a **thought**, you can reverse, so to speak, the polarity of that negative energy and convert that energy into enhancing your life or the lives of those around you. Kevin McCarthy in his book ***The On-Purpose Person*** suggests that you think of a light switch. When the switch is on, you are on purpose.

People whose actions clearly demonstrate a love of life understand that passion is the energy. When passion is connected with purpose or the light switch, life is full of peace and abundance. Of course, the **choice** is always yours: **whether to embrace life with misery or with joy? My choice** is that life is meant to be lived with the positive energy. We have been given opportunity to continually to develop our love of life. And so with that personal philosophy guiding my actions: Please **MAKE** it a great day, month, year and life.

Leanne Hoagland-Smith, MS
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Love (n.) & Love (v.)

Stephen Sisselman

"Leadership is communicating to people their worth & potential so clearly that they come to see it in themselves."

Stephen Covey

Stephen Covey brings to the forefront the dual purpose of the word **love** as both noun and verb. How can we utilize this duality to better serve our desire to get the most out of life?

Love the noun indicates a thing, something tangible that exists, and also an entity that can be built or destroyed. So if we are searching to have a **love** for life we are on a quest to build or perhaps to repair that **love**. To accomplish this repair or to begin the building process we can choose to use **love** the verb. To **love** someone we may listen non-judgmentally, offer support, appreciate, give affection, be open to affection, and make sacrifices. We as human beings were given the gift of conscious thought and can then draw parallels between the way we **love** another person and the way in which we **love** life. To **love** life we choose to keep an open mind, offer support to our own lives by not judging ourselves, appreciate our gifts and potential to be the amazing people we are, affirm our goals each day, and bless the choices we make that lead us to make sacrifices. **Loving** life, to truly get the most of **love** the verb we must treat ourselves with respect and understanding. The **love** of life begins with the **love** of self.

Take a moment to scan your life wheel, what are the areas that require more **love**? Do you need to **love** your family life? How about your career, your friends, or even your health? What would it mean for you to **love** the work that you do? **Loving** ourselves is a choice we make and works best when done in all areas of life. How many times have you heard yourself or a co-worker say "I hate this place" or "I hate my job", when referring to the important place they are every day making a difference. What could it be worth to you to be able to go into your place of work and say "I enjoy the work I am doing" or "The people here are great".

We must remember that our attitude is a choice, and choosing an attitude of **love** will lead to more satisfying results and increased productivity. That gift of conscious thought that separates us from other species is cherished and means that we all have the power to make choices in our lives that lead to a life that is filled with **love** and one that is definitely worth **loving**.

Make everyday a day to remember!

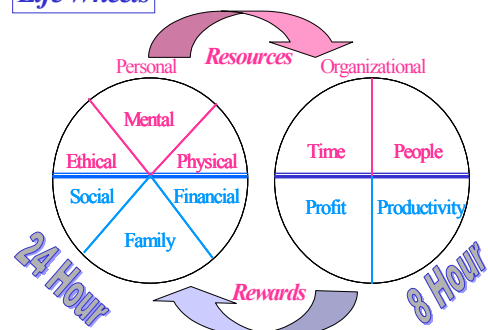
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Life Wheels



On a scale of 1 to 10, with 10 being **extraordinary**, score your **loving life capacity** in the following:

How is my **loving life capacity** helping me to find my life's purpose? ____

How is my **loving life capacity** helping me to achieve balanced physical health and well-being? ____

How is my **loving life capacity** serving me in my mental growth and development? ____

How is my **loving life capacity** supporting me in building strong family and friendships? ____

How is my **loving life capacity** helping me to build a better community? ____

How is my **loving life capacity** serving me to improve my financial growth potential? ____

How is my **loving life capacity** helping me to create a successful career, profession or business? ____

How is my **loving life capacity** supporting me to show and share my beliefs, ethics and values? ____

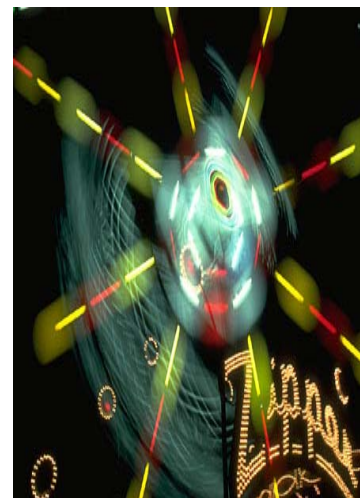
How is my **loving life capacity** serving me to change? ____

Evaluating **YOUR loving life capacity** will help you to clarify what is important and continue to set the stage for ongoing growth. The next step is to start a **Power Choice**© goal achievement system in an area that will help you to achieve **M.A.G.I.C.A.L.**™ goals.

If **you** want to discover some exciting tools and techniques to enhance your **love life capacity** for success and help you to **double your performance** please call:

"We rarely find anyone who can say he has lived a happy life, and who content with his life, can retire from the world like a satisfied guest."

Horace



"Strengths does not come from physical capacity. It comes from an indomitable will."

Mahatma Gandhi

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