



## Power Choice #12– Evolve

Do **YOU** see value in personally **evolving**?  
Have **YOU** identified the attitudes, skills and behaviors you it requires  
to help you **evolve** to the next level?  
Are **YOU** able to listen to honest constructive feedback that will help  
you continue to **evolve**?

**If YOU are Interested...**  
**Please read on!**

**Evolve:**  
**A Definition**  
**According to Webster**  
**“Develop!”**

- Learn techniques to that can help **YOU** identify why it is important to **evolve** and grow!
- Learn to identify gaps in personal and professional performance so that you can prioritize and focus your **evolution** process!
- Learn tools and tactics that will help **YOU** to leverage the action you need to take in **evolving** to the next level!
- Learn to **improve YOUR** capacity to **evolve** with purpose and meaning!

### Learning and Development



We are interested in helping **YOU** build **YOUR** ability to enhance your capacity to **evolve** support those strategies, processes and tools that will support life-changing actions. If your desire to have a life filled with purpose, balanced health, social responsiveness, enhanced ethical behaviors, mental growth, nurturing family relationships, amazing career performance and financial success, than contact Laura or Leanne to begin **YOUR** first steps in planning your process to **evolve** and subsequently improve **YOUR** performance potential.

**The whole point of being alive is to evolve into the complete person you were intended to be.”**  
Oprah Winfrey

We invite you to our websites (see below) to subscribe to **Power Choices®** and we hope that you choose to discover how your **evolution/** development process can change your life

**“Once the person commits to being coached, s/he begins to experience a different, more hopeful world as his or her perceptions evolve.”**  
John J. Agno

Laura R. Novakowski,  
**Positive Power Strategies, Inc.**  
**Inspiring People to Discover**  
**Their Health & Wealth**  
570.477.3388 or  
<http://www.positivepowerinc.com/>

Leanne Hoagland-Smith,  
**ADVANCED SYSTEMS**  
**Connecting Passion & Purpose**  
**to Double Performance**  
219.759.5601 or  
<http://www.processspecialist.com/>

## 7 Capacities to Evolve into Self-Leadership Greatness

Laura R. Novakowski

**"Strategy should evolve out of the mud of the marketplace, not in the antiseptic environment of an ivory tower."**

Al Ries

Power Choices for 2006 was totally committed to sharing with you capacities that we believe can help you to achieve greatest in self-leadership. Here is a review of the seven capacities for you to consider applying in 2007:

**Mentor** – Identify the most appropriate person(s) that can help you discover your strengths and gaps in your self-leadership potential. To paraphrase Socrates, I like to use these questions when selecting a mentor, "Will they be kind? Will they be truthful? and Will they share necessary information and ideas?" Simple but very effective

**Attitude** – Evaluate your way of thinking and believing. Henry Ford has this great quote, "*Whether you think you can or you can't, you usually right.*" Totally understanding your **own** attitude is essential in your self-leadership process. Once you understand and appreciate yourself, your level of appreciation and understanding of others will greatly expand.

**Goals** - Identify specific goals that will help you bridge performance gaps. You want to make more money, but for some reason you never seem to achieve the income level you desire. Goal setting is a process, not an event. Create a WHYSMART goal – Written, Habitual, Yours, Specific Measurable, Attainable, Realistically-High and Attainable.

**Initiative** – Take action on the goal(s) you have established. All too often we want to make our plan and goals perfect. We fall in love with the idea but take very little action. Once you have determined who can help you on your journey, adopt and adapt a more positive attitude and established goals, this midpoint step is pivotal to your success. You start – even if it's "baby steps" - to achieve your objectives.

**Commitment** – I have a favorite saying, "When the going gets tough, the tough gets going." It's important to have the right mentor, the right attitude, the right goal and the right initiative, but it is imperative to have commitment. Commitment is a personal promise to do whatever it takes, without compromising personal values and ethics, to achieve your greatest level of self-leadership potential.

**Awareness** – Be conscious of your thoughts, behaviors and skills and knowledge. Be able to "respond with ability" in the words of Dr. Wayne Dyer. Life is about choices – being unconscious, being unaware is a choice. You may outgrow mentors – be responsive and make a change. Your attitude may need adjusting, your goals and actions adjusted. If you become vigilant, you will move through life with an elegance that will amaze yourself and astound others.

**Love Life** – This capacity is the culmination for evolving and developing your self-leadership potential. I will leave you with this profound anonymous quote "A life without love is like a heap of ashes upon a deserted hearth – with the fire dead, the laughter stilled, and the light the extinguished."

Use these seven capacities to **evolve** into self-leadership greatness and have a **MAGICAL**© Life!

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



## How Have You **Evolved** in 2006?

Leanne Hoagland-Smith, M.S.

**"Evolve is the key. People who are smart enough  
to do that will embrace these ideas as  
encouraging things.**

Bill Laswell

With the current year quickly coming to an end, now is the time for us to reflect as we attempt to answer these questions:



- What goals have we achieved?
- What goals have we yet to realize?
- Where did we expand our energy?
- Where did we waste our energy?
- How much further **evolved** are we 365 days later?

To answer the last question for myself, I looked back at 2006 and counted the hours that I had personally invested in my own development. The answer was over 300 hours. This time has helped me to **evolve** from a good performance improvement consultant and executive coach to a better one who realizes that I need to continually **evolve** if I am truly committed to delivering the best solutions to my clients. And what is even more important, my state of **evolving** has resulted in unexpected personal growth and awareness.

As I thought back upon this last year as well as previous ones, I can truly say that my development has been a **continuum of evolving**. I have been very fortunate to interact with a variety of individuals who have willingly shared their experiences and allowed me to share mine. These interactions range from one on coaching sessions to tele-conferencing mastermind groups to formal conferences.

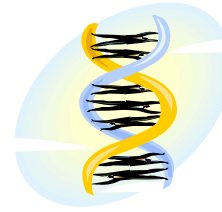
Currently, I am revisiting my 2007 strategic business plan. Professional development and personal goals in 2007 will include over 100 hours for formal conferences along with additional hours for masterminding, coaching and reading. The outcome from these goals is that I can state with complete confidence that my clients quickly double and multiply their results.

What continually surprises me is the lack of planned professional and personal development by most individuals who tell me that they want that next level of success. However, these same people tell me that they don't have time or that their plates are full. Yet, research suggests that most people waste at least 1 hour per day. Just imagine if you could reinvest that one-hour per day toward your own **evolving**? What new heights of development could you reach? Well, a New Year is just around the corner and you still have time to develop your plan to **evolve** for 2007.

Leanne Hoagland-Smith, M.S.  
**ADVANCED SYSTEMS,**  
**Performance Improvement & Executive Coaching**  
*Connecting Passion and Purpose to  
Double Performance in WARP Time*  
<http://www.processspecialist.com/>



**Evolution Editorial**  
*Stephen Sisselman*



Evolution comes from the word **evolve** which implies a change to a superior form of being. It brings to mind one of my personal heroes, Charles Darwin, who is considered to many to be the father of modern evolutionary theory. In it's simplest form, the theory implies that there is survival of the fittest and those in which a change develops that makes long-term survival easier will dominate until such time as another change occurs that dominates theirs. Does the theory of evolution also apply to the business world?

The answer is yes. Today's business world is no different than any other evolutionary endeavor. As Homo sapiens, our opposable thumbs and conscious thought has given us the advantage to create a life which could be considered higher quality than that of our earlier predecessors along the evolutionary chain.

Henry Ford's impressive use of the assembly line **evolved** business by increasing productivity in a new way. However, in this century computers and mechanical robots are taking the place of humans on assembly lines leaving a choice for our species to make. Do we allow the very technology that we created to take our places in society or do we use our special trait of conscious thought to rise above and create a new niche? The answer lies in our amazing ability to **evolve** consciously instead of waiting for a random change in DNA.

This is an exciting opportunity for the business world and is followed all the time as companies review their productivity and make changes that will hopefully yield better results. The only difference in the business world of evolution compare to biological evolution is that the results are not physical offspring but theoretical offspring, monetary offspring, mechanical offspring, chemical offspring, customer service offspring, etc.

The use of the term offspring truly brings home the point that in business it is our responsibility to produce efficient products and workers. There are plenty of times that change is needed but companies wait until a catastrophe comes along knocking out their top people as if they had become extinct. As new leaders emerge to take their place the environment and culture of the organization **evolves** as well. However, the level of trust within has declined. Today's businesses must utilize the power of conscious thought to control their evolution. So, perhaps my theory is wrong, biological evolution is not the same as business evolution, because in business we have a choice.

I wish to offer you a personal note of inspiration:

***"When we take an opportunity to learn about the world of another we learn so much about them and ourselves. This New Year, make time for one other person, even if its someone sitting alone at a restaurant or coffee shop, just say hello and you will make the day and the world a brighter place. Happy Holidays and congratulations on evolving this far."***

Stephen Sisselman

**Make everyday a day to remember!**

**Stephen Sisselman, BS, MT  
(ASCP), MS**

**Positive Power Strategies, Inc**  
**[ssisselman@earthlink.net](mailto:ssisselman@earthlink.net)**  
**(347)558-4082**

On a scale of 1 to 10, with 10 being extraordinary, score your capacity to evolve personally and professionally the following:

How does my capacity to evolve influence where I am in achieving my life's personal/professional success? \_\_

How does my capacity to evolve influence where I am in achieving my physical health and wellbeing? \_\_

How does my capacity to evolve influence where I am in my mental growth and development? \_\_

How does my capacity to evolve influence where I am in my relationship with family and friends? \_\_

How does my capacity to evolve influence where I am in serving my community? \_\_

How does my capacity to evolve where I am in achieving my full financial growth potential? \_\_

How does my capacity to evolve influence where I am in achieving my full career, profession or business potential? \_\_

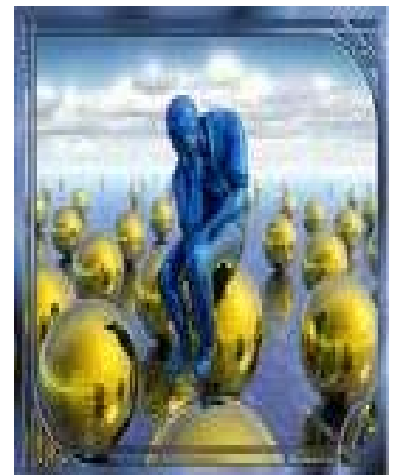
How does my capacity to evolve influence where I am in living my beliefs, ethics and beliefs? \_\_

How does my capacity to evolve influence my ability to change personally/professionally? \_\_

Evaluating YOUR capacity to evolve can help you to stay focused on 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 help you to expand YOUR capacity to evolve and to help you to double your performance potential please call:

“...our world has greatly changed: it has become much smaller. However, our perceptions have not evolved at the same pace ...  
Dalai Lama



**A Great Book to Read**

**Quantum Leap Thinking**

By  
James J. Mapes

Laura R. Novakowski

Positive Power Strategies, Inc..

*Inspiring People to Discover Their Capacity for Amazing Health & Wealth*

3 Thorny Apple Drive, Hunlock Creek, PA 18621

Phone: 570.477.3388 or check out the website: <http://www.positivepowerinc.com/>

Or

Leanne Hoagland-Smith

**ADVANCED SYSTEMS— Performance Improvement & Executive Coaching**

***Doubling Performance of Individuals & Businesses***

**508 Sunshine Dr., Valparaiso, IN 46385**

**Phone: 219.759.5601 check out the website:**

**<http://www.processspecialist.com>**