



Power Choice #2– Navigation

Do you sometimes feel as if you're fighting life's currents waves rather than **navigating** with purpose?
Are you challenged with other people controlling your life rather than you being in the **navigation** seat?
Are **YOU** willing to spend time developing sound techniques to refine your **navigation** skills?

If YOU are Interested...
Please read on!

- Learn techniques to that can help **YOU** build stronger **navigation** skills and capabilities!
- Learn habits and behaviors get in the way of successful **navigation** strategies!
- Learn to identify how to develop your best **navigation** habits and behaviors!
- Learn to improve **YOUR navigation** capacities personally and professionally overall!

We are interested in helping **YOU** build **YOUR** ability to enhance your capacity to use more powerful **navigation** approaches when building strategies, processes and systems that 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 learning to rely on **YOUR navigation** to help you achieve **YOUR** greatest performance potential.

We invite you to our websites (see below) to subscribe to **Power Choices®** and we hope that you choose to discover how your developing your **navigation** can change your life.

A Book to Consider

Crossing the Unknown
Sea
by
David Whyte



"The ability to navigate through difficult and volatile circumstances while continuing to improve its operations and financial performance is a sure sign of success."
James Lee

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Set Your Direction, Then Change Your Stars

Laura Novakowski

"You can change your stars!"

from the movie
A Knight's Tale

Navigation, simply defined is "the plotting and directing of one's course."

Have you ever thought and felt that someone else was controlling your life's course, "pulling your strings" or "driving your bus?" Well join the club. Many people think and feel that way every day. Where does that get you? Any where? No where!

Next one might ask, then how do I get on course? I'd like to share a very simple philosophy. This philosophy is a single line from the movie, **A Knight's Tale**. In five words a man gives his child some great advice. The father, who was a peasant, says to his young son very early in the movie, "Will, you can change your stars." I don't want to spoil the movie for those that of you that haven't seen this tale yet, but this sage guidance changes the son's life. Young Will identifies his dream, embarks on a journey in which he sets his course and **navigates** through multiple events, challenges and obstacles to achieve his **ultimate goal**. He changes his stars.

Having a dream is a great motivator. You dream for a size 6 body, a million dollar income, a life on the beach, or _____ (you fill in the space). But days, weeks, even years pass and you are no closer to that dream. Why, because you didn't plot the course and take control by directing actions to help you achieve that goal. Remember a goal is a dream with a deadline. Various sources indicate that between 3 to 5 % of the population sets goals and takes action. Let's say that differently, about **95 to 97% don't take action** or take minimal action to achieve goals. No wonder, to quote Thoreau, so many live "**lives of quiet desperation.**"

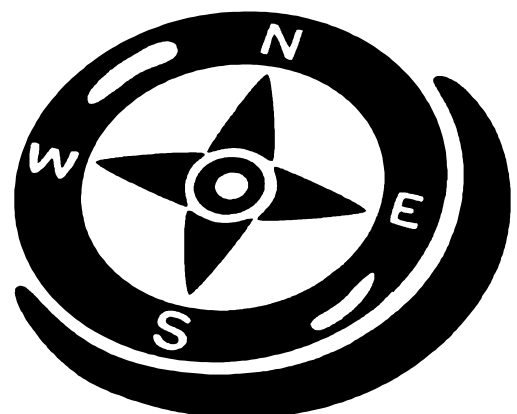
This is where the power of choices becomes essential! First, **you** set the direction because you **believe** in **your** dream. Then **you** begin to navigate – you plot your course of action. There is an art to navigation – for centuries explorers used **navigation** to sail around the world, explore space, expand into the unknown.

Why not build on your own abilities to become an expert in **navigation**? This course is simple but not easy. You gain focus and you take steps each and every day, no matter how small to make your dream come true. You plan, you plot and you practice. You assess and adjust. Yes it's work, but guess what? That's life! Life is about sadness and struggles, fears and failures, love and laughter.

It's easy to let other's take control of your life, but it's also terribly difficult. Our greatest asset is our human potential. We don't know what we are capable of doing until we are faced with adversity and challenges. We lose a little of ourselves each day that we miss an opportunity, overlook an action or fail to make adjustments and change.

It's **your** course to **navigate** through rough waters. **Set the course and go for it! You can change your stars!**

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Values the Rudder for Successful Navigation

Leanne Hoagland-Smith, M.S.

“He who will not answer to the rudder, must answer to the rocks.”

Unknown

Any day we can pick up the paper, listen to the radio or see someone on television and learn about people whose values have brought their behaviors to local, state or national attention. From the corrupt officials in Corporate America to the equally corrupted politicians, citizens from school age children to adults can see the affect when positive core values are not present.

Values are the rudder for successfully **navigating** the challenges or rocks that we face as we sail through the various seas of our lives from business to personal. These non-negotiable rules of conduct keep us on course, our direction steady and focused even when the waves become turbulent and may appear to momentarily capsizes our vessel.

As people **navigate** the issues of making good choices and hard decisions, what is so interesting is that very few identify the lack of values as the real problem especially those in leadership roles. Excuses are made from *"It was over 20 years ago"* to that depends upon how you *"define is."* For if we acknowledge that values are the real issue, we are being judgmental and in America, making judgements are viewed as breaking some unwritten commandment.

When values are present, so are judgements along with personal responsibility and accountability. Without clear and articulated positive core values, we attempt to **navigate** the easy way around the storm and compromise our own personal integrity.

One of the ongoing issues in the business world is leadership. A recent report compiled by the Association for Testing and Development (ASTD) indicated that leadership through executive coaching was the preferred topic in over 75% of the companies surveyed. Further reading of this report and others suggested that improved leadership generated improved outcomes which implied improved individual accountability.

What I know is that after working with companies and having to deal with companies on a personal level, is that companies who do not proudly display their values statement not only on the wall, but through the daily behaviors of all shareholders are the first companies to lose loyal customers and market share. Also these same companies, in many cases, are the first ones to complain about having bad business results.

The founding fathers of the United States understood the importance of having a strong rudder or values when crafting the ***Declaration of Independence*** in their efforts to **navigate** the successful creation of a young country. If you or your business has not invested the time to construct your own values statement, now is the time to take such action. If you have a values statement, take the time to review it as well as your overall strategic plan if you truly desire to not to answer to the rocks while successfully **navigating** through the unknown at you build your business or your life.

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/>



Traveling Abroad in Your Own Life

Stephen Sisselman



"People travel to wonder at the height of the mountains, at the huge waves of the seas, at the long course of the rivers, at the vast compass of the ocean, at the circular motion of the stars, and yet they pass by themselves without wondering."

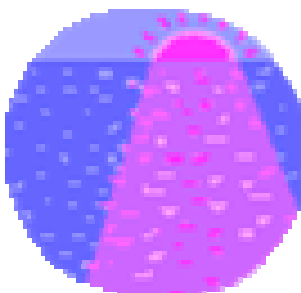
-St. Augustine

Navigation is a word that can bring up different images for different people. The **emotions** that are attached to these images are important for the way in which people go through life.

One example is my own imagery regarding the navigation of a ship sailing on the ocean's water. Prior to its sailing from its port of origin, many people are involved in building and supplying the ship with all the necessities they feel the ship and crew need for a successful journey. Once the ship is built and fully stocked it is sent off on its voyage, wherever that may be. The course the ship takes might be pre-determined at its point of origin but often times events occur that require a change in course. These changes require a captain and crew to have knowledge and skills that will allow them to get to their destination in spite of unexpected oceanic developments. The moment an unexpected event occurs until reaching a destination, requires the knowledge and skills of navigation. Reading maps, careful steering, rationing of resources, compromise, teamwork, and good communication are all essentials to good navigation. In other words reaching the destination is no longer following the pre-set path but a new one that fits the climate of the current situation.

Life for each one of us can be viewed much like a ship upon the ocean waves. We were given supplies, and often a pre-set path that our parents developed for us. However, we are often faced with challenges that even overly cautious parents could never have dreamed of. It is how we **navigate** those life developments that bring us to port safely. It is possible that the port might be several miles away and the arrival may be a year or later but as long as we find a way to navigate our waters we become the **leaders** of our own lives.

If you are interested on setting sail to a new destination, contact me, your travel agent, and let us see where **your** destination will be.



Make everyday a day to remember!

**Stephen Sisselman, BS, MT
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On a scale of 1 to 10, with 10 being extraordinary, score your capacity to use navigation personally and professionally:

How does my capacity to navigate where I am going to achieve my life's personal/professional success? ___

How does my capacity to navigate where I am going to achieve my physical health and wellbeing? ___

How does my capacity to navigate where I am going to achieve my mental growth and development? ___

How does my capacity to navigate where I am going in my relationship with family and friends? ___

How does my capacity to navigate where I am going in serving my community? ___

How does my capacity to navigate where I am going to achieve my full financial growth potential? ___

How does my capacity to navigate where I am going to achieve my full career, profession or business potential? ___

How does my capacity to navigate where I am going to achieve living my beliefs, ethics and beliefs? ___

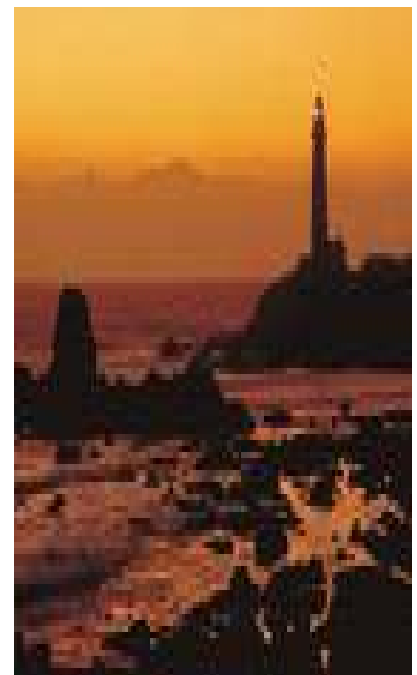
How does my capacity to navigate influence my ability to change personally/professionally? ___

Evaluating YOUR navigation capacity 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 navigation capacity and to help you to double your performance potential please call:*

A vision is like a lighthouse. It helps us to navigate through danger out there. That light is a source of stability and comfort in this great ocean of life."

Laura Novakowski



Laura R. Novakowski

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