



POWER CHOICES©

February 2004

#2—Choose To Focus on One Objective

A little overwhelmed? Do the possibilities seem endless? That is part of the process - a process that will lead you to attain new goals, climbing new mountains, achieve wonderful dreams!

The power of any process is that it helps to create some framework (now I didn't say prison) to achieve results that will far exceed your expectations. What works for me may or may not work for you, but I am asking you to keep an open mind as you continue on this journey with me.

In order to minimize chaos and confusion, it helps to organize our "possibilities" into some sense of order - I personally put things into 8 categories, which I like to think of completing a "life-wheel." These categories are Family, Social, Financial, Career, Spiritual/Ethical, Physical, Mental and Other.

Family - Parents, children, spouse, siblings &/or close friends

Social - Social contacts, organizations, civic groups and service organizations

Financial - Income, budget, investments, etc.

Career - Business, occupation, vocation, avocation

Spiritual/Ethical - Values, beliefs, charities, religion

Physical - Exercise, nutrition, health

Mental - Education, personal & professional growth & development

Other - Catch-all category when nothing seems to fit

The ultimate goal is to create balance in all aspects of our lives. In order to get started, pick ONE area that is either giving you the most grief or that is sparking the most passion. Then begin to create the habit that will either reduce or eliminate the problem or take you to another level of achievement or accomplishment.

CHOOSE ONE!

Interested in assistance with focusing on one objective":

Call: Laura Nowakowski at 570-477-3388 or email: lnowakowski@aol.com
Or check out the website - www.positivepowerinc.com

Choices to Ponder

- I choose to focus
- I choose to make a decision

"Lack of decision is a major cause of failure. Everyone has an opinion, but in the end it is *your* opinion that swings *your* world."

Napoleon Hill

Book to add to your book shelf:

THINK & GROW RICH ACTION PACK

By Napoleon Hill

Mr. Hill said, "the most powerful instrument we have in our hand is the power of the mind."

This classic is must read for those committed to personal and professional growth!

Power Choice : Choose One - Improve Your Financial Picture

M.O.N.E.Y. By Sybilla Ruark

People often ask, "How can you change your life from struggle and lack round money to a life of constant abundance and freedom from struggle about money?" One powerful scene that comes to mind for me is from a well-known movie, *The Edge*. I learned a great lesson about how to change an intention.

In one scene of the movie, Anthony Hopkins is being chased and stalked by a man-eating grizzly and says to his companion, Alec Baldwin, that the bear is going to kill them both if they don't do something. Hopkins thinks for a moment and says with deep conviction, "We are going to kill the bear."

Now, Baldwin is terrified. He has already seen one of their companions eaten by this bear, so has very little faith in his friend's statement. Hopkins is sensing Baldwin's fear, so he asserts to him "What one man believes the other can do. Repeat this statement, 'We are going to kill the bear!!!" Baldwin says in a flat voice, "We are going to kill the bear." Hopkins then yells at Baldwin, "Say it again only louder: WE ARE GOING TO KILL THE BEAR."

He instructs Baldwin to repeat this again. Within minutes, they create a plan and a few scenes later kill the bear.

Now that is a great example to me of what is needed to accomplish change intentions!



"Whether you think you can or think you can't, you're right. "

Henry Ford

To help you generate an intention to improve your financial picture, I have come up with this acronym which helps people understand and feel the value of their feelings about **M.O.N.E.Y.**

M-stands for **MEANING** or your strong intention. Create a powerful statement of I can achieve financial independence, or I deserve the money I want. Make the intention have a powerful meaning to you that can be felt.

O-stands for **ONE**. One person, coupled with deep desire and faith in the desired goal, will be successful. You don't have to rely on others. Be an example of change.

N-**NEVER** give up. The opportunity to have more avenues of money or increased prosperity are endless. When you can be open to other possibilities for increase, they start to show up.

E-is for **ENERGY**. Consider that you are nothing more than energy and energy is flowing or blocked. If you have a flat desire that lacks conviction, you are operating on less than maximum energy. As a result, the energy of money is blocked from getting to you. Notice your energy and motivation. If it is less than passionate, "Ask yourself why?" Look at ways you can maximize your energy.

Y-is for **YOU**. You are the creator of your world. You get what you think about. If you think you can do or have a thing, you can. If you worry that you can't achieve something, haven't you already proven to yourself that you can't have it.

It is not our circumstances but *our thoughts* we need to pay attention to. Think you can, and **YOU WILL KILL THE BEAR!**

Sybilla Ruark is a financial services professional with offices in Tunkhannock and Kingston, PA.

If interested in obtaining more information about creating financial independence - please contact Sybilla Ruark at

570- 836-7012



Laura R. Novakowski, president of Positive Power Strategies, Inc., is a developmentalist and coach whose background as a nurse, health care executive and change agent has helps individuals and companies achieve dramatically improved results in 4 keys areas: financial performance, leadership ability, service delivery and personal & professional growth and innovation.

Positive Power Strategies, Inc., a company whose sole purpose is to support individuals and organizations in realizing their potential, living uncommon lives and providing extra - ordinary service.

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:

*Phone: 570-477-3388 or Fax: 570-477-2636
or Email: lnovakowski@aol.com
and check out the website: www.positivepowerinc.com*



Action Plan Exercise: Power Choice #2 - Focus on One Objective

If you have taken the time to complete the January Action Plan Exercise, you probably have created a lengthy list of possibilities. Feeling a little overwhelmed, scattered and just can't decide where to start?

Now is the time to start prioritizing - I have found that there are 8 basic categories that help me to organize and create balance in my life: Family, Finance, Social/Community, Ethical/Spiritual, Career, Physical, Mental and Other Categories.

- | | |
|-----------------------------------|-----------------------|
| 1. List the possibilities: | Category |
| Example: <u>Lose Weight</u> _____ | <u>Physical</u> _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

2. Now choose the ONE possibility that would give you the most significant results

3. Create a simple goal—make it WHY –SMART (Written, Habit-forming, Yours, Specific, Measurable, Attainable, Realistically-high and Time-specific)

SAMPLE GOAL

I will walk on the treadmill for 30 minutes 7 days a week at 6:30AM for the next 30 days.

Now it's your turn - Write that goal and stick to it.

*Interested in help with goal setting, please call:
Phone: 570-477-3388 or Fax: 570-477-2636 or
Email: Inovakowski@aol.com
and check out the website: www.positivepowerinc.com*