



POWER CHOICES©

January 2004

#1—Choose To See Possibilities

Ever wonder why it seems that you are on a dead-end path? Feeling limited, creatively impaired and repressed? Are you noticing that everyone else has an exciting, rich, fulfilling life and you are doing absolutely nothing that is giving you any meaning or sense of fulfillment?

If you are experiencing any of those feelings, here is a technique that will help when you "hit the wall", feel inadequate or are just plain bored and instead put passion and purpose into your life. This little technique is to *Choose to See Possibilities*.

You want a different job, a healthier relationship, more money or some fun, give yourself 10 minutes to identify possibilities specifically directed towards the obstacle or challenge. The best way for this technique to work is to have paper and pen in hand (even an index card works). One suggestion, list more than one or two - the more you write - the better. Some great reasons for writing possibilities down are you can remember them (no matter how useless or silly they may seem), you can add to the list (you are now the inventor, the entrepreneur who is looking for an idea that will revolutionize your industry or your life), you can share them with friends and colleagues (thick skin helps, but this tests true reactions) or last but not least you have found a number of ways that something may or may not work (and you can file them to laugh about on a rainy day).

Throughout the day and over a period of time, look at the list and keep adding too it. This is not the time to act on one, unless you are in a crunch situation. You have more time than you think. You may find that your first possibility was the best one on your list, that's fine, but as you explore you will uncover even greater possibilities.

Identifying possibilities will, at the very least, give you a new perspective and often leads to opening new doors. Have some fun and *Choose to See Possibilities!*

Interested in finding assistance in seeing possibilities":

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

Choices to ponder!

- I choose to find new opportunities.
 - I choose to make a mistake, rather than do nothing.
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"Events, circumstances, etc. have their origin in ourselves.

They spring from seeds which we have sown."

Henry David Thoreau

Great Book to Read:

Execution:

The Discipline of Getting Things Done

by L. Bossidy & R. Charan

This book can help transform the mediocre to the extraordinary. Practical, compelling and action oriented, a must read for those who want to make changes and get things done!



**CREATING ATTITUDES &
STRATEGIES TEACHING
LIMITLESS EFFECTIVENESS**



"Only those
who risk going
too far, can
possibly find
out how far one
can go."
T. S. Elliot

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

Finding positive ways to initiate change and motivate ourselves to a higher level of effectiveness and creativity is key to individual and organizational success.

If you are interested in learning more about a process committed to helping you and your organization to implement power choice strategies and improve results, please contact us.

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Action Plan Exercise: Power Choice #1 - See Possibilities

"Live your beliefs and you
can turn the world around."
Henry David Thoreau

1. What is of greatest urgency for you to change/improve upon?

2. What will that mean to you in terms of time, money, relationships, etc.?

3. List the possibilities for improving the situation, solving the problem or making the desired change?

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4. Allow 30 days to continue to add to your list of possibilities before consciously choosing to lock in on one practice, solution or behavior change. Next month we will work on that!