



POWER CHOICES® July 2006



Power Choice #7 – Awareness

Are **you** enjoying your life?
Do **you** have a sense of what is important and what is not so important?
Are **you** challenged with tapping into your fullest potential?

**Interested?
Please read on!**

Just suppose you engage practices and behaviors that give you insight into all those **limiting factors**, all those resisters, all those destructive habits that are causing you the most pain! Instead, suppose that you develop actions that help you function at a much higher and healthier level!

- Think what it would mean to **YOU** if greater **awareness** helps you to replicate actions that can lead you to success!
- Think what it would mean to **YOU** if greater **awareness** helps you to avoid those “pitfalls” that set you up for disaster!
- Think what it would mean to **YOU** if greater **awareness** helps you discover and live your life on purpose!

We are interested in helping **YOU** build **YOUR** capacity to raise your level of personal awareness and to **discover** those tools that will help you take life-changing actions that lead to a focused purpose, improved health, financial independence, social responsiveness, enhanced ethical behaviors, expanded mental capabilities, amazing career performance and nurturing family relationships.

We invite you our websites (see below) to subscribe to **Power Choices®** and we hope that you choose raising your awareness for a positive life!

“The first step toward change is awareness. The second step is acceptance.”
Nathaniel Branden

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A Thought Provoking Book or Audio Program!

The Awakened Life

Wayne Dyer



“What is necessary to change a person is to change his awareness of himself.”

Abraham Maslow

Raise Your Awareness!

Laura R. Novakowski

"Every human has four endowments- self awareness, conscience, independent will and creative imagination. These give us the ultimate human freedom... The power to choose, to respond, to change."

Stephen Covey

How do we move from having our basic needs met to living a life of greater *awareness* and actualization?

This question has tremendously motivated me over the years. In an attempt to address the answer, as I believe it to be, I'd like to share some views by Abraham Maslow. Dr. Maslow has been described as a humanistic psychologist. As a humanist, he "focused on potential," believing that a person is desiring to be "fully functioning," "healthy personality" and "self-actualizing."

Below, I would like to share with you 10 points Dr. Maslow believed offer insight and raised awareness to help individuals become fully actualized.

1. Be *authentic*, **aware** of your inner self and to hear you inner-feeling voices.
2. *Transcend cultural conditioning* and become world citizens.
3. *Discover your calling, fate or destiny*. This is especially focused on finding the right career and the right partner.
4. *Know that life is precious, that there is joy to be experienced in life*, and if people are open to seeing the good and joyous in all kinds of situations, it makes life worth living.
5. *Accept others as they are and help them to learn their inner nature*. From real knowledge of aptitudes and limitations you can know what to build upon; what potentials are really available for you.
6. *See that your basic needs are satisfied*. This includes safety, belongingness and esteem needs.
7. *Refreshen consciousness*, appreciate beauty and the other good things in nature and in living.
8. *Controls are good*. It takes control to improve the quality and balance of and in life.
9. *Transcend the trifling problems and grapple with the serious problems in life*. These include the problems of injustice, pain, suffering, and death.
10. Be *good choosers*. You must practice to learn to make good choices.

Studying and implementing these 10 points from Dr. Maslow has been enormously helpful to me.

What will you do to *Raise Your Awareness*?

Source: *Maslow's Hierarchy of Needs* from Psychology - The Search for Understanding
by Janet A. Simons, Donald B. Irwin and Beverly A. Drinnien
West Publishing Company, New York, 1987

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What is Your Level of Awareness?

Leanne Hoagland-Smith

"The state of *awareness* is the state in which you see things as they are."

Barry Long

Why is *awareness* so important for the 21st century individual, executive or business owner?

As we reflect back on human progress, **awareness** appears to be a critical part of every day life from avoiding the elements of Mother Nature to keeping your possessions safe from unregulated institutions or nefarious individuals. In today's world, our **awareness** has been heightened through the continual advancement of technology from cell phones to E-mail. The capacity of **awareness** is even more important today than 100 or even 1000 years ago.

In the 1960's, a professor by the name of Albert Mehrabian, Ph.D., of the University of California, L.A. along with his colleagues established the *55 – 38 – 7 Rule Of Communication*. Since that time, although this rule has been challenged, the premise is still worth understanding. Dr. Mehrabian from his research suggested that 93% of all communication is non-verbal (55% non-verbal and 38% para-verbal such as syntax, speed, loudness or softness) and that only 7% of communication is verbal from the perspective of the receiver. Even if his percentages are off, what we see as the receiver is almost always heard first over what is actually said. This is the critical piece of **awareness** from this research.

An **aware** individual can leverage this knowledge to her or his advantage. Through active listening, anyone can become aware to the nuances within the communication process. Neuro-Linguistic Programming (NLP) is a direct result of the capacity of **awareness**.

Mark Twain, among many others, is cited as saying: "*If the good lord wanted us to speak more than listen, he would have given us two mouths and only one ear.*" By becoming more **aware** of others through their body language and their speech nuances from word selection to speed, we are able to connect with our intuitive self and validate what we unconsciously believe based upon our life experiences.

The capacity of **awareness** builds a bridge between our past experiences and knowledge to our current experiences. Communication is just one means to **O.P.E.N.** awareness to our selves through new **O**pportunities that excite our **P**otential, **E**ngage our senses to **N**ew ideas.

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Is There an “I” in Teamwork?

Stephen Sisselman

**“Your mind can build castles-
just make sure the foundations
are in place first.”**

Donald Trump

Take a second and think about the way you and others around you performed last time you were in a crisis situation? Recent events this week have made me **aware** of why many others and I perform our best during a crisis situation.

A crisis is a situation of great stress where there is an entity in jeopardy. Crisis situations bring life to a grinding halt and everyone involved starts to reflect and be more **aware**. All of a sudden there is a great sense of teamwork. It seems that things are happening. Something is being accomplished. What is that something? It is a goal. The goal of a crisis situation could be to simply stand together and get through a rough patch in life, or to get multiple units of blood products into an Operating Room while a patient is bleeding out, but without teamwork patches become rougher and people’s lives quickly deteriorate, literally and figuratively. In a crisis it seems that goals become more clear and everyone realizes that they have one mission, to make it through!

What if it didn’t take a crisis, to bring out a level of teamwork to accomplish a goal? Think about what life could be like, if everyday we could be accomplishing without having the added stress of an actual crisis? Is there any reason why your life couldn’t be enhanced by accomplishing a goal?

Instead of waiting for a crisis and utilizing a goal to climb the ladder out of the pit that a crisis can tend to throw us into, why not climb higher while we are at level ground? The higher we climb, not only will make life more fulfilling but will reduce the distance we fall when a crisis arises.

Having trouble coming up with a goal? Well then, make your goal to take better care of yourself, take a walk (without your cell phone), get a good night sleep (shut off that PDA and turn off the ringer on your phone), take a hot shower with a lit candle of your favorite scent, or even take 10 minutes to sit in your favorite spot and breathe. Taking better care of ourselves allows us to accomplish more. Why wait for a crisis to work hard at making life better? And yes there is an “I” in teamwork, it’s just silent and invisible.

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**“...living an intentional life was simply to let
the potential of his life live through him.”**

Stuart Avery Gold

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

How is my **awareness capacity** for discovering my life's purpose? ___

How is my **awareness capacity** for achieving balanced physical health and well-being? ___

How is my **awareness capacity** for dynamic mental growth and development? ___

How is my **awareness capacity** for building strong family and friendships? ___

How is my **awareness capacity** for building a better community? ___

How is my **awareness capacity** for improving my financial growth potential? ___

How is my **awareness capacity** in creating a successful career, profession or business? ___

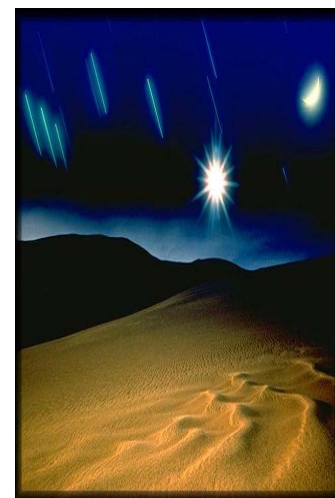
How is my **awareness capacity** for showing and sharing my ethics and values? ___

How is my **awareness capacity** for change? _____

Evaluating **YOUR awareness capacity** will help you to clarify what is important and continue to set the stage for an exciting year. 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 **awareness capacity** for success and help you to **double your performance** please call:

"The whole idea of compassion is based on a keen awareness of the interdependence of all these living beings, which are all part of one another, and all involved in one another."
Thomas Merton



"The world is not a problem; the problem is your unawareness"
Bhagwan Shree Rajneesh

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