



POWER CHOICES©

Creating Attitudes & Strategies
Tapping Limitless Energy

Facilitating Potential

June 2004

Power Choice #5 – Choose to Cooperate

Success! Happiness! Peace of Mind! Sound interesting to you? It is easier to achieve than you realize if you initiate one simple choice — to cooperate. Stephen Covey has a great philosophy, “begin with the end in mind.” Now if your results are to live on a desert island, eating coconuts, then you might not need anyone else, but on this highly interdependent planet it is slightly difficult to separate ourselves from others and achieve a high quality of life.

Cooperation is defined as “working or acting together for mutual benefit.” In healthy cooperative behaviors, we have the obligation to clearly identify our roles, needs and desires so that we are able to attain what is important to partners, while simultaneously gaining understanding of our own needs and desires.

In Steven Covey’s book, The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change, he describes “Habit # 4 Think Win/Win”, as the need to balance 2 attributes - courage and consideration. Courage is the “win” for ourselves. Consideration is focused on the “win” of others. He goes on to write about “the basic task of leadership is to increase the standard of living and quality of life for all stakeholders” which creates in his words “win-win” situations.

Although we may or may not perceive ourselves to be a leader, we have the opportunity to see our personal or professional responsibility in any given situation. We can ask, “How can we serve to improve the human condition and create better quality of life for others and ourselves?”

When we admit our mistakes and ask forgiveness, we show courage. When we forgive others, we show consideration. We practice courage when share our points of view. We practice consideration when we respectfully listen to others. We demonstrate courage when we learn something new. We demonstrate consideration when we allow others the space to learn. That’s cooperation!

How can you be successful, happy and peaceful? Choose to cooperate!

For Assistance with Power Choices, call Laura Novakowski at 570-477-3388, email lnovakowski@aol.com website and visit www.positivepowerinc.com.

Choices to Ponder

- I choose to find mutual understanding!
- I choose to work with others

“You cannot succeed by yourself. It’s hard to find a rich hermit..”
—Jim Rohn

Add to your shelf:

The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change

by
Stephen Covey



"The less you open your heart to others, the more your heart suffers."

Deepak Chopra

Consciously Choosing Your Communities

Community can be defined as: a unified body of individuals; an interacting population of various kinds of individuals (as species) in a common location; the people with common interests living in a particular area or a group of people with a common characteristic or interest living together within a larger society. So on a daily basis we are involved in a variety of "communities," our work, our coworkers, our neighborhood, our city, our family, our social clubs and our friends to name a few. We commit time, energy, emotions and resources to each of our communities.

Have you thought about how you are choosing to participate in your "communities" and what these communities mean to you? Are you choosing to participate because they have meaning for your life? What are your reasons for belonging? How are you showing up and why?

Our communities provide us with a wonderful opportunity to be consciously aware of our values, beliefs, attitudes and feelings. We can begin to see these interactions as windows to revealing and learning our truths and those of the community. Our awareness begins by listening to our inner dialog, noticing the feelings we are experiencing, what is triggering the feelings and how is our body responding. As our awareness expands, we can then make "choices" that will support what we want to create in our life and in these communities. These "choices" include letting go of behaviors, attitudes, feelings and beliefs that no longer support us. This dimension of "communities" relates to "why" we are there. Another way to expand our awareness is to ask ourselves "What am I to learn from this experience, this community?"

Recently I heard a community leader suggest that the greater the trust among people, the stronger the sense of community. Trust creates a sense of community... What degree of trust do you experience within your communities? Why is that? What are your underlying beliefs? Do you experience different beliefs in different communities? Do you experience different energies? Different levels of trust? Why? You can find clarity by asking new questions and listening to your inner response. Have your feelings influenced your beliefs? What would allow you to have a greater degree of trust? Do others have to earn your trust before you are willing to trust them? Why is that? When do you experience a sense of community? What are the factors contributing to this sense?

Making conscious choices does not mean we have to move into judgment. Our expanded level of awareness reveals that we are aligning our intentions to create the life we desire with the communities we are choosing. We come to a place of balance and realize how exhausting "right or wrong" and "good or bad" thinking is. As we consciously choose our communities, we are able to move to place of being in gratitude for our experiences, letting go with compassion and honoring our lessons.

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How and why are you choosing your communities? Here's a helpful checklist for understanding your choices.

Choice Inventory of Communities

- Why do I belong (what is my purpose)?
- How do I show up (what is my attitude)? Why?
- How am I affecting the community?
- To what degree do I feel trusted and do I trust others?
- What would allow me to benefit fully from the community?
- Do I want to participate differently? How?
- What is the impact of the community on my time and energy?
- What am I going to choose to do differently?

Conduct your "Choice Inventory" periodically. You are raising your level of awareness and making conscious choices that creating the life you desire.

Gregg Spieth, Principal with **Inner Peace Group**, is a strategic partner of **Positive Power Strategies, Inc.** Gregg, located in the Southeast (Charlotte, NC) and Laura's alliance combines their strengths and energies to facilitate "**Extraordinary Leadership**" within a wide range of businesses. Gregg can be reached at 704.563.1013 or email him at gregg@innerpeacegroup.com

Positive Power Strategies, Inc., a company whose sole purpose is to inspire individuals and organizations to discover and engage their potential to live uncommon lives and provide extra-ordinary service.

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

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 #6- Choose To Collaborate

This exercise will give you the opportunity to create strategies that will enhance your collaborative savvy.

1. Identify one person that is essential for your personal and/or professional success

2. List any obstacles that you might have in collaborating with the individual that you have identified:

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3. Outline collaboration plan to reduce or eliminate those obstacles:

Example: *I will ask if we have agreement before proceeding with the project or job.*

4. Evaluate results from your collaboration plan

Notice the power in choosing to collaborate!

*Interested in discussing your success with choosing to be responsible, please call Laura Novakowski:
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