



# POWER CHOICES©

Facilitating Potential

March 2004

## Power Choice #3—Choose Wisely

As we continue on our quest to a better life, we are faced with many decisions. Some decisions seem simple, and then later we come to realize that they have made a profound impact on our lives. While other decisions, in retrospect were agonizing, and yet, in the bigger picture didn't make any life-shattering difference.

In the Indian Jones' movie—The Last Crusade Indiana Jones and his father are seeking the Holy Grail. Near the end of the movie, they are faced with a roomful of potential goblets. In this scene they are cautioned, "Choose wisely." Their eyes scan the room, their minds racing. The goal is looming in front of them, but there are so many choices. Making the wrong choice will lead to imminent disaster. Finally, their eyes rest on this humble, roughly made goblet. Jones, Jr. selects the goblet only to find that his father, dying, will not survive without the healing liquid from the 'holy grail." He pours the "holy water" over his father and his father recovers.

As they attempt to cross the line with the "holy grail", an earthquake shakes it out of their hands. Jones is forced to risk danger, possibly death to retrieve it or depart safely with his father. He chooses to leave it, his second wise decision. And as the saying goes, "the story ends happily ever after."

Now, as we are faced with choices and decision, it becomes essential to look at what is valuable and valued in our lives. Being clear on what matters, taking time to clarify our values and intentions will help us to consistently choose wisely.

The ability to make better decisions is by getting to know ourselves. Today, some choices that we can make are to identify what is important to us (purpose) and clearly define why it matters (values) in life. These are wise choices!

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Interested in assistance with choosing wisely:  
Call: Laura Novakowski at 570-477-3388 or email:  
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Or check out the website - [www.positivepowerinc.com](http://www.positivepowerinc.com)

### Choices to Ponder

- I choose to learn
- I choose get to know myself

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"The teacher, if he is indeed wise, does not teach bid you to enter the house of wisdom but leads you to the threshold of your own mind."

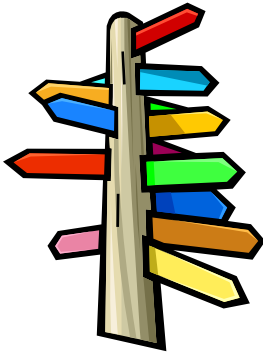
- Kahlil Gibran

Book to add to your book shelf:

Wisdom of the Ages

By Wayne Dyer

This book provides us with wisdom from sixty teachers who have made tremendous contributions through their profound thoughts & ideas!



# "Signs, Signs, Everywhere There's Signs"

By Vickie Charabati

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**"Do this. Don't do that. Can't you read the signs?"**

The rock group Tesla was on to something with these lyrics.

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When it comes to wise decision-making, one of your greatest tools is Intuition. Your intuition can make you aware of personal messages from the environment wherever you go. By following your intuition, you can select the optimal choice of all that is available to you in any given situation. It is priceless and always available. And that's not all. Once you've made a decision, your intuition will let you know if it is going well or if it is better for you to go in another direction.

How do you start? First, just ask a question and then wait for the Universe to provide the answer in a way that you will notice and understand.

One way to receive messages from your Intuition is to pay attention to numbers around you. Specific numbers may appear on clocks, on a cash register when you buy something, on a license plate, or on your vehicle's odometer, to name a few possibilities. Messages will appear in amazing ways, and you will know they are meant for you once you've gotten into the swing of paying attention to your intuition's promptings. There are myriad texts available that will show you the meanings of these recurring numbers.

To give you an example how just one number series can serve as a message to you from your intuition, those who are close to me know that once I became aware of the number "555" in my life, I started to notice it EVERYWHERE and in the most unexpected ways. Besides the countless times I would wake up at 5:55 in the a.m. or feel an urge to look at the clock (whether at home or driving) at 5:55 p.m., I have had many more experiences with this number. When I was in India, I looked out of a bus window to see a giant "555" on a billboard. It was an ad for a cigarette of that "name." When I went to visit a lifelong friend at her office, I realized that her business address was 55 Fifth Street. When my boyfriend had his car serviced recently, I simply stated, "It will be \$555.00." And that's exactly what it was. I have even seen "555" featured in framed artwork on a wall when I was doing some important personal work. This is always a message to me that means, "Keep going. You're on the right track." There are so many more instances of this, that I could write a book about this alone!

Finally I asked the universe if there was anything written that would explain the exact meaning of 555. Soon after, I came across a book by Doreen Virtue that had the answer in it. I'm getting used to gasping when my questions are answered so well. Universally, it means, "Buckle your seatbelts, because a major life change is upon you." But I didn't need a book to know that this was a way the universe was speaking to me. And neither do you.

Another way to receive messages is to observe the animals or birds or insects that show up in your life. Each of these is imbued with meaning of importance to you. (See Ted Andrews's classic tome, *Animal-Speak*, Llewellyn Publications.) To give you an example of this, when I changed careers about ten years ago to become a marketing professional, I felt that it was right from the minute I began. And my seeing a hawk every day for a long time as I went out on calls reinforced this feeling. Universally a hawk relates to the spirit and one's life-path, and personally it again meant that I was on the right track. It was a sign I was following the path that was meant for me.

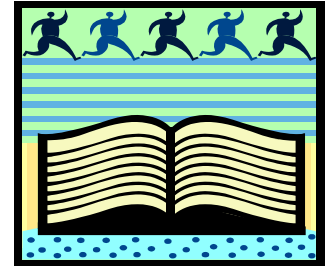
## *Do you want to find a way to follow the promptings of your Intuition?*

*Practice this exercise for creating your own personal symbol dictionary:*

*Sit quietly where there are no distractions and relax.*

*Breathe deeply.*

*Close your eyes.*



*Now gently ask yourself what symbol represents "Yes" to you. Then wait for what comes to you. You may receive an image, hear something, feel an answer, or receive a response in another way. But you will get an answer that you can use anytime you have a yes/no question.*

*Next, gently ask yourself what symbol represents "No" to you. Follow the same procedure.*

*Do the same thing with "Go ahead" and "Wait."*

*Now you are taking advantage of powerful tools for deciding wisely what is best for you in any given situation.*

*Get ready to be guided to the great adventure of your life! You are here for a special purpose, and I know you will discover what it is. I am excited for you!*

Vickie Charabati is a marketing professional with national and international clients.

For more information on practical intuition,  
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**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.

Laura R. Novakowski, president of Positive Power Strategies, Inc., is a developmentalist and facilitator whose background as a nurse, health care 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 and 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](mailto:lnovakowski@aol.com) and check out the website: [www.positivepowerinc.com](http://www.positivepowerinc.com)*



## Action Plan Exercise: Power Choice #3 – Choose Wisely

If you have taken the time to complete the February's Action Plan Exercise, you possibly have created one focused goal. As you move forward with building the action steps in the goal, leaning about yourself will help you to consistently choose wisely and move closer to your dreams.

Here is an exercise that will help you generate more purpose focused, value driven choices.

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1. Describe what is important to you: (i.e.: Career, service, family, art)

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2. Define why it is important to you: (i.e.: To make the world a better place)

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3. List your basic underlying values & principles: (i.e.: integrity, courage, etc)

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You now have identified your purpose and values – keep this handy. I can't guarantee that your decisions will be easier, but I can guarantee they will be wiser.

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*Interested in help with goal setting, please call:  
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Email: [lnovakowski@aol.com](mailto:lnovakowski@aol.com)  
and check out the website: [www.positivepowerinc.com](http://www.positivepowerinc.com)*