



POWER CHOICES©

Creating Attitudes & Strategies
Tapping Limitless Energy

Facilitating Potential

May 2004

Power Choice #5 – Choose To Be Responsible

In 1841, Ralph Waldo Emerson wrote in the essay "Self Reliance", "that there is a great responsible Thinker and Actor working wherever a man works...."Do you see yourself as a "great responsible Thinker and Actor" or do you fear you own power.

Here are 4 steps to help you to be **A.B.L.E.** to choose to be more responsible.

Ask yourself what is your role in the workplace or in a relationship. Ask if the job you have signed up for is something that you have the skills, knowledge and ability to accomplish. Most importantly, ask yourself if you have desire, heart-inspired passion to work in the job, on the project, in the partnership.

Believe in what you signed up to do. Believe that you are adding value to the customers and relationships with which you are involved. Believe with an intensity that causes you to say it out loud, write it on cards, share it with co-workers, friends and loved ones. Create affirmations and shout them to the world daily.

Learn more about yourself. Notice what is of interest to you. Identify what new knowledge you will need to help you to contribute in this wonderful, exciting world. Read, reflect, study! The books you read, the people with whom you associate will help you to continually grow and attract more wonderful opportunities in your own life.

Envision yourself providing extra-ordinary service and building outstanding products. Whether we are the water-person or the president we have the responsibility to ourselves and others to do our personal best. See yourself in your role, whether that be selling, serving, writing, cooking, or building performing with confidence, peace and respect.

Please consider asking, believing, learning and envisioning and you will be **A.B.L.E.** to be "a great responsible Thinker and Actor" in most situations.

Interested in assistance with choosing to be more responsible:

Call: Laura Novakowski at 570-477-3388 or

email: lnovakowski@aol.com website - www.positivepowerinc.com

Choices to Ponder

- I choose to act responsibly!
- I choose to see my special abilities!

"Seek nothing outside yourself."
Persius

Add to your shelf:

The Selected Writings of Ralph Waldo Emerson

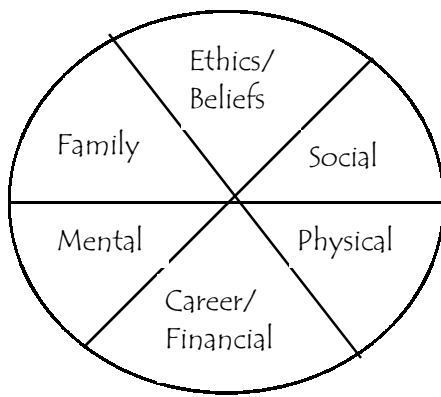
Edited by
Brooks Atkinson

"I was simmering , simmering. Emerson brought me to a boil."
Walt Whitman



The Fear Factor

Leanne Hoagland-Smith



**"Never bend your head.
Always hold it high.
Look the world straight in the eye."
Helen Keller**

Fear is big news these days and not just with the reality shows. A recent survey by Jericho Communications of over 20% of Fortune 1000 CEO's revealed that 43% cited fear as the number one motivating factor while money motivated only 7%. Their collective response indicates a potential disconnect from what many people hear from today's coaches and motivational speakers. In today's self-help abounding society, we hear more about embracing the rewards and visualizing your achievements than we hear about using fear to achieve your goals. Yet according to these successful individuals, fear is what motivated them.

How can we explain this "Fear Factor"? Possibly using the life Wheel may shed some light. The life wheel is comprised of 6 key areas: Mental, Physical, Family, Career/Financial, Social and Ethics/Beliefs. Using the graphic that has been provided, begin at the center and shade each area working from the center to the outer rim. The shaded area represents your potential, your satisfaction, or your happiness. You define the terms.

The un-shaded area is what I call the "Sea of Fear." Within this sea, is all of your untapped potential, those unfulfilled dreams, those areas of discontent or your unhappiness. The Sea of Fear separates you from the land of Abundance (the outer rim of the wheel) where you can be everything that you can be or achieve everything that you desire. Successful individuals have an abundant life because they have faced their fears and achieved their dreams.

How does one cross the Sea of Fear and find the Land of Abundance? The answer is simple – using goals. Goals are the life preservers that allow individuals to stay afloat during both the stormy and calm times. Without goals, the life preservers, the sea of fear overcomes even the strongest and most determined swimmer.

Each life preserver is also comprised of compartments to ensure the safety of the swimmer in case one compartment fails; the others keep the swimmer afloat. Establishing goals in each area of the life wheel will help you stay balanced as you swim across the Sea of Fear.

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As you begin to fill each compartment within your Life Preserver full of goals, you may wish to consider these questions:

Mental: What do I fear about expanding my mental abilities?

Physical: Why do I fear living a healthy life?

Family: Whom do I fear in establishing a better relationship?

Financial/Career: What in this area do I fear that prevents me from financial or career security?

Social: Where is fear that prevents me from developing an active social life?

Ethics/Beliefs: What fear is keeping me from being actively committed to expressing my ethics or beliefs?

Over 2,000 years ago before today's multibillion dollar self-help industry, Aristotle penned these words:

"Man is a goal seeking animal. His life only has meaning if he is reaching out and striving for his goals."

Without goals providing the means to cross the Sea of Fear, we fail to see the meaning in our lives because we drown in our fears and allow the Fear Factor to control the destiny of our lives.

Leanne Hoagland-Smith, M.S., president of ADVANCED SYSTEMS, is a strategic partner of Positive Power Strategies. With a Midwest location (Chicagoland), this partnership allows Laura and Leanne to expand their ability to facilitate both potential and sustainable change within a variety of industries including entertainment, financial services, telecommunications, manufacturing and education. Leanne can be reached at 219.759.5601 or email her at leanne@perpetualsuccess.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 extraordinary 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:

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or Email: lnovakowski@aol.com and
check out the website: www.positivepowerinc.com*



Action Plan Exercise:

Power Choice #5- Choose To Be Responsible

This exercise will give you the opportunity identify how your are able to choose to respond with ability more consistently. The key to success with this exercise is to do more than fill in blanks, it will help you to be **A.B.L.E.** to choose to be responsible.

1. **Ask** yourself what gives you passion and joy in your job/life:

2. **Believe** that you on board with the job/role for which you signed up, create an affirmation statement the you will write and say 3 times per day for the next 30 days

(Example: I am a responsible person.)

3. **Learn** strategies to improve upon your role in your company and/or a relationship. (list below

4. **Envision** how a responsible person performs in your company or relationship. (Describe

Choose to be responsible because you are A.B.L.E.

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

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