



POWER CHOICES® OCTOBER



Power Choice #10– Improve

Do **YOU** consistently measure your progress?
Are **YOU** willing to make adjustments when you fail to hit goals?
Do **YOU** want to improve your “odds” for success?

If YOU are Interested?
Please read on!

- Learn to **improve** the strengths and challenges that will help achieve sustainable results in **YOUR** life!
- Learn tools and tactics that will help **YOU** to measure **YOUR** positive **improvement!**
- Learn techniques to help you make adjustments to **improve YOUR** career and personal life in a more timely and dynamic manner!
- Learn to **improve YOUR** capacity to build a business and life of extraordinary success!

We are interested in helping **YOU** build **YOUR** capacity to **improve** your overall potential with strategies and tools that will support life-changing actions. If your desire to have a life filled with purpose, balanced health, social responsiveness, enhanced ethical behaviors, mental growth, nurturing family relationships, amazing career performance and financial success, than contact Laura or Leanne to begin **YOUR** first steps to **improve YOUR** potential.

Get Out of Your Own Way: The 5 Keys to Surpassing Everyone's Expectations
Robert K. Cooper



“The principle is competing against yourself. It's about self-improvement, about being better than you were the day before.”
ANON

We invite you to our websites (see below) to subscribe to **Power Choices®** and we hope that you choose to discover what you **love** in a positive **life!**

“The improvement of understanding is for two ends: first, our own increase of knowledge; secondly, to enable us to deliver that knowledge to others”
John Locke

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Choose to Improve

Laura R. Novakowski

"That which we persist in doing becomes easier, not that the task itself has become easier, but that our ability to perform it has improved."

Anonymous

The American Heritage Dictionary's definitions of improve are: *"To raise to a more desirable or more excellent quality or condition; make better, to increase the productivity or value; to put to good use; use profitably, to become better; or to make beneficial additions or changes"*

Can you see the value in **improving** personally and professionally?

Here's **seven simple steps** that might help you to improve your life.

Identify what you want, your vision, your purpose, *your big dream* that will help **improve** your life! There's an old cliché that goes like this, "If you don't know where you are going any road, will take you there." **Having a focus sets the stage for success.** In 1996, I knew that I wanted to transition out of the corporate arena into owning my own business. In 2001, my business, Positive Power Strategies, Inc. became a reality. I had identified what I wanted

Make clear your strengths and opportunities for change. First, take a personal and professional inventory. **Be honest.** Next, do a full evaluation of self or what is known as a *360-degree*. Ask family, friends, co-workers, your boss and people that report to you (your children count) for *honest* feedback. Schedule time by yourself and review the results. Focus on behaviors and remain objective. **P.S.** Seek an expert in personal & professional assessments if you are having difficulty.

Put dates on goals. When you put a deadline on a dream, it becomes real. When I made the transition out of the corporate America into owning my own business, I set a 5-year-goal. Creating a specific timeframe reinforced my focus, directed my beliefs and inspired me to achieve my goal on time!

Rewind rewards and consequences. This step is often overlooked. Ask yourself **why**. What benefits will you gain by achieving your goal? Make it a very long list from dollars to saving the world. Then take the opposing position – what will be the cost if I don't achieve this goal (dig down deep) from failure to ...

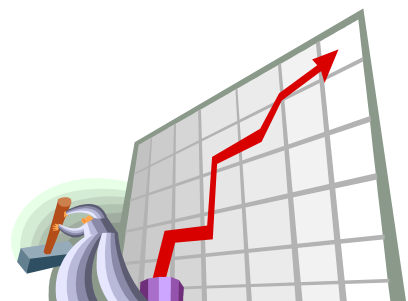
Overcome obstacles and take action. We've heard "Life happens when we are making other plans." Clarifying what will stand in your way of success is **essential**. Executing a well thought out, plan of action will help you to consistently move closer to your goal to **improve**.

Verify and define your values. Knowing & defining your values become the guiding principles to help you stay the course. One of my best litmus tests when faced with a challenge is to ask: *"Are my actions are in alignment with my core values?"* If not, I pass.

Evaluate and start to **improve** again. Take stock of where you are. Clearly established benchmarks and matrixes help to measure your improvement. Finding the gaps in your personal and professional performance helps you to identify how far off you are from hitting your target.

The **I.M.P.R.O.V.E.** steps works for me. **What can YOU do to get better Results?**

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**To Improve Performance
Demands Uniting Hard
Skills with Soft Skills**
Leanne Hoagland-Smith

**"Mean are anxious to improve their
circumstances, but are unwilling to improve
themselves; they therefore remain bound."**

James Allen

From the boardroom to the classroom, individuals are looking to improve their performance. Continuous improvement through processes such as Baldrige to Lean continue to make significant strides in the business world as one solution to improving the bottom line. Self-improvement is one of the fastest growing areas in most bookstores. Everyone appears to be looking for that magic pill for how to **improve** their performance results or what we call success.

Recently when doing some research to **improve** the content of an article, I discovered the term "meritocracy." Even though I am fairly well read in American History, I had never seen this particular term. The original definition of meritocracy is not certain, but has its roots in Chapter Five of John Locke's Second Treatise on Government. Locke believed that the acquisition of wealth provided it was acquired through hard work and "it was to meet one's own immediate needs." (Source: Wikipedia) Meritocracy then became the way to build and therefore **improve** a society through a government based upon merit (demonstrated performance) and not by birth.

The essence to **improve** resides in the capacities of motivation, energy and talent. Our young country even with all its faults has demonstrated the results of these 3 capacities by sending a man to the moon and returning him safely back to earth in just under 200 years. No other country or civilization has accomplished so much in a similar time frame.

What does this mean for businesses or individuals in today's world seeking success? If businesses or individuals want greater success, then the answer resides within the ability to **improve** motivation, to **improve** the use of energy and to **improve** talent. In today's world, the answer can be translated into improving the desire (motivation), the opportunities for practice (energy) and new knowledge or skills (talent). Yet, when we analyze solutions designed to **improve** the performance of a business, an organization, a school or an individual, the emphasis is on talent or the hard skills with little to no focus on motivation or the soft skills.

Until the development of soft skills are partnered equally with the training of hard skills, the quest for success will continue to allude those who are trying to **improve** their performance. So success once again becomes a personal choice or as Wilt Chamberlain said: " *If you have the ability in a certain area, why not capitalize on it and **improve** it and use it?*"

Leanne Hoagland-Smith, MS
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Performance Improvement and
Executive Coaching**

*Connecting Passion and Purpose to
Double Performance in WARP Time*

<http://www.processspecialist.com/>



Using Imagery to Choose to Improve... Your Personal Self

Judy Rienzi

*"If we can imagine it,
we can achieve it,
If we can dream it,
we can become it."*

William Arthur Ward

When you hear the word *health*, what image comes to mind? Diet, exercise and a sleek body are usually our first thoughts. We tend to deal with the physical aspects of keeping ourselves healthy and ignore the emotional dimension. For some, being alone with their inner most thoughts and feelings is a scary place. Painful as they may be, these emotions may be preventing you from having intimate relationships, impeding your work performance, or causing some physical pain and illness. Whatever the symptom, the roots of our behaviors come from within ourselves.

Martin Rossman, M.D is the cofounder of the Academy for Guided Imagery in California. In a CD with Andrew Weil, M.D. titled *Self Healing With Guided Imagery*, Dr. Rossman tells a story about an imagery session he had with a woman who has heart disease. The session had a profound affect on the woman. For the first time, she realized this was **her** heart and not just a body part she took around for lab tests. She had a direct relationship with her heart that allowed her to take care of what she loved and finally make the necessary behavioral changes needed to heal her heart.

Imagery is a two-way communication between the conscious and unconscious mind. It can unlock past hurts, suppressed traumas and hidden emotions that keep us unhealthy and prevent us from meeting life's challenges. The more "connected" we are to ourselves, the more we can "listen in" to the conversation going on inside on the subconscious level. The nature of our inner health not only affects our physical health, but also infiltrates our world of clarity, creativity and purpose.

The ancient Greeks viewed the imagination as an organ, just like the liver or heart. This is a mind/body function that they didn't separate. Through our 5 senses: sight, sound, smell, touch, and taste, we connect our physical world with our inner world. The flow of thoughts and emotions between the mind and body creates a natural state of balance that supports good health, healthy relationships and successful careers.

Choose to Improve using imagery to increase experiencing feelings of freedom, hopefulness and joy. Our world manifests in the imagination. Imagine **your** possibilities to **improve!**

Judy Rienzi RN, MS is a Certified Integrative Imagery Practitioner who specializes in Health Promotion and Disease Prevention.

She is available for seminars and personal consultations:

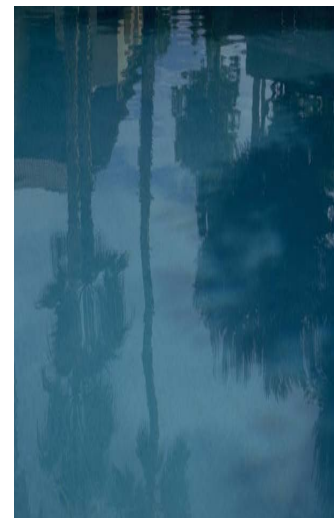
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On a scale of 1 to 10, with 10 being **extraordinary**, score your **capacity to *improve* your potential** in the following:

How is my life's purpose helping my **capacity to *improve* my potential** for personal/professional success? ___

How is my physical health and wellbeing helping my **capacity to *improve* my potential** for personal/professional success? ___

How is my mental growth and development contributing to my **capacity to *improve* my potential** for personal and professional success? ___

How is my relationship with family and friendships supporting my **capacity to *improve* my potential** for personal/professional success? ___

How is my role in my community helping my **capacity to *improve* my potential** for personal/professional success? ___

How is my financial growth assisting my **capacity to *improve* my potential** for personal/professional success? ___

How is my career, profession or business helping my **capacity to *improve* my potential** for personal/professional success? ___

How are my beliefs, ethics and values helping my **capacity to *improve* my potential** for personal/professional success? ___

How is my ability to change helping my **capacity to *improve* my potential** for personal/professional success? ___

Evaluating **YOUR capacity to improve** will help you to clarify what is important and continue to set the stage for ongoing growth. 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 **improve your capacity** for success and help you to **double your performance** please call:*

"A leader is someone who helps improve the lives of other people or improve the system they live under."

Sam Houston



"Excellence is the unlimited ability to improve the quality of what you have to offer."

Rick Pitinio

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