



# POWER CHOICES® January 2006



## Power Choice #1 – Assess

Do **you** have tools to **assess** your specific life needs?

Do **you** have a process that will help you to **assess** your strengths?

Are **you** 100 % effective in **assessing** the opportunities available to you to become your personal best?

**If the answers to these questions are yes, stop reading!**

However, just suppose that you have support that assists you to assess your own extraordinary capacities. Or, you could find support to help you move from that that deep, dark abyss of no way out and nowhere to go.

- **Imagine, how you will feel?**
- **Imagine, how you would approach each day?**
- **Imagine, how much different your entire life would be?**

Developing those capacities that can help you build a more successful enjoyable life is **our primary mission**. To assess who, why and how, can help you make life-changing decisions that lead to improved health, financial independence, social responsiveness, enhanced ethical practices, expanded mental capabilities, amazing career performance and nurturing family relationships.

**"Let's not dismiss or attack individual ideas as being inadequate before we have had a chance to assess their positive effect as part of a whole solution."**

John Thune

We invite you our websites (see below) to subscribe to **Power Choices®** and we wish you a fulfilled and tremendously rewarding year!

**A Book to Choose**

**My American Journey**  
Colin Powell

An autobiography about a person who changed from a mediocre and unmotivated student into a distinguished Army general and later into a national icon.



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## Assess Your Lessons and Experiences

by Laura Novakowski

**"We must focus on what inspires us, on what brings the good people of the world together. We've got to fight for the positive ..."**

Colin Powell

New Year's is a time of resolutions, but for me it is a great time of reflection and gut-wrenching honesty. Often times it takes ordinary and sometimes, if we are fortunate, extraordinary events to help us regain our perspective.

At a recent event, I had the honor of hearing Colin Powell speak. Standing on the stage, speaking to a packed house Mr. Powell shared stories of family, friends, comrades and adversaries. Some comments were funny, others were hard hitting, all intended to raise pride and awareness for sharing a common purpose, being Americans. However, his parting comment impacted me the most. He shared one of his most valuable lessons, "We are a product of everything that we have learned and experienced."

I found myself thinking about how I **assess** my own life. The sum total of what I have become and wonderful thoughts came to mind.

A friend called a few weeks before Christmas and mentioned a relaxing opportunity for me, the only challenge it had to be in the middle of the week. At this point I had not done any shopping and only the lights were up outside, not a inside decoration in sight and a full-time business to run. I opted to go and enjoy myself. The lesson - I could **enjoy** the family, friends, business and new experiences during the busy holiday season

An acquaintance called and shared some helpful information. Suggested oh so subtly that we should get together for lunch sometime soon and concluded the conversation. I was in the middle of a project and not really paying attention. An hour later it struck me, that we hadn't scheduled anything and I was missing an opportunity to get to know him and his business better. I called him back and set the date for lunch. We got together. The lesson - **listening** helped me find a valuable service and acquire a new friend.

I initiated a phone call to a friend and colleague that I had not seen or talked to in more than 10 years when I heard that he had experienced a loss. I shared with him how much working with him had meant. What I had learned and how much he had contributed to my life. As we caught up on old times and talked about the future, he said that was grateful for the call and my support. The lesson - an opportunity for me to **thank** someone for helping me when I needed help and in turn helping them.

I realize that enjoyment, listening and gratitude are three areas that I want to continue to cultivate in myself. At least for now, this "product" measures up. However, I shall continue to assess myself, I have a **very** long way to go!

PS. If you wish to quickly assess yourself click [here](#)

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**"Life is like riding a bicycle.  
To keep your balance  
you must keep moving."  
Albert Einstein**

**Are you a Victim or a Victor?**  
Leanne Hoagland-Smith

Assess in today's world means to evaluate or test something or someone. Yet, the origins of the word (French) have nothing to do with testing, but rather to "set a rate" usually for property, fines or damages. This setting of a rate established a benchmark. Today, we establish many benchmarks both personally and professionally from which to measure our performance, our success and our happiness.

These benchmarks can be grouped into different areas. These benchmarks can be grouped into different areas. Denis Waitley's Wheel of Fortune identified 8; Zig Ziglar's Wheel of Life saw 7; my first personal Life Wheel had 6 and now contains 8. No matter which Wheel one uses, each area within that wheel needs to be assessed by establishing a benchmark that is revisited on a consistent and regular basis through a goal setting process. These benchmarks and goals help us to continually move forward even when life's challenges may push us backwards.

Imagine for a moment a wheel that is lopsided and envision that wheel traveling down the road of life. The ride obviously will be quite bumpy and the performance is very poor. Now, visualize a wheel that is balanced traveling down that same road. This ride would be much smoother and the performance greatly enhanced. If you had to make a choice between the two wheels, which one would you choose? I believe that most of us would select the balanced wheel because no one likes to bump along a road when one can have a much smoother ride. After all, why make life any harder than it already is?

Unfortunately, many people fail to take the time to assess their own Life's Wheel and then experience uncomfortable, bumpy rides and life becomes more reactive instead of proactive. These individuals then become victims to the road of life instead of being Victors. With a fresh New Year just beginning, possibly now is the time to assess your life and be the victor whose Life's Wheel is balanced and fueled by consistent goal setting.

If you wish to begin the new year with an approach to a more balanced life click [here](#) to download this simple but incredibly powerful tool. The clients of [Advanced Systems](#) and [Positive Power Strategies, Inc.](#) have easily doubled their results through this tool when combined with their action plan for success.



**"The best and safest thing is to  
keep a balance in your life,  
acknowledge the great powers  
around us and in us. If you can  
do that, and live that way,  
you are really a wise man."  
Euripides**

Leanne Hoagland-Smith, [ADVANCED SYSTEMS](#),  
**the Learning & Process Specialist**

*Connecting Passion and Purpose to  
Double Performance*

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

Choose to **ASSESS** yourself and on a scale of 1 to 10, with 10 being exceptional, score the following:

How am I doing with my physical exercise? \_\_\_\_

How am I doing with my diet and nutrition? \_\_\_\_

How am I doing mentally? \_\_\_\_

How am I doing as a family member? \_\_\_\_

How am I doing as a friend? \_\_\_\_

How am I doing financially? \_\_\_\_

How am I doing in my career? \_\_\_\_

How am I doing socially? \_\_\_\_

How am I doing ethically? \_\_\_\_

How am I doing on my goals, those dreams with a deadline? \_\_\_\_

Completing your "assessment" will help you to clarify what is important and set the stage for an exciting year in 2006. The next step is to write a **Power Choice**® goal in an area that you would like to raise your "score."

If **you** want to assess your organization using a **proven** and **affordable** tool that will provide you with key areas of improvement and a simple action plan that will **double your performance** in the next 6 months call:

Laura R. Novakowski,

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Colin Powell



**"I assess the power of a will by how much resistance, pain, torture it endures and knows how to turn to its advantage."**  
Friedrich Nietzsche