



Leanne Hoagland-Smith,
ADVANCED SYSTEMS
*Developing Results Driven Leadership
in People, Teams & Organizations*
219.759.5601
or <http://www.processspecialist.com/>

Power Choices©
January 2008

Power Choice – Potential

Source of *Potential*:
***Potens* from Latin**
meaning ***Power***

What is *Potential*?

(According to *The Free Dictionary by Farlex*)

1. The inherent ability or capacity for growth, development, or coming into being.
2. Something possessing the capacity for growth or development.

Why is *Potential* important?

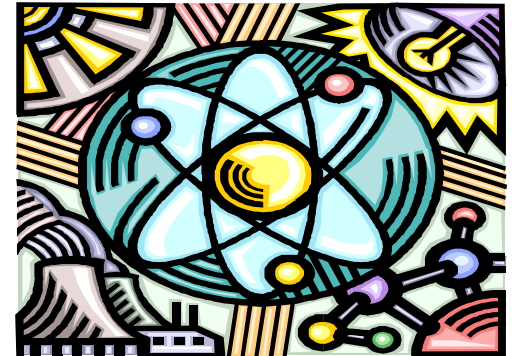
In the 1960s, the **Human Potential Movement** (HPM) was created around the concept of cultivating extraordinary **potential** that HPM advocates believed to lie largely untapped in most people. The movement followed the belief that through the development of "human potential", humans can experience an exceptional quality of life filled with happiness, creativity, and fulfillment.

How and where can we expand *Potential*?

Maslow once said "there are two processes necessary for self-actualization (and expanding potential): self exploration and action. The deeper the self exploration, the closer one comes to self-actualization" and ultimately expanding our potential.

Who can help us expand our *Potential*?

Be creative and adventurous. Tap into family, friends, co-workers, bosses, subordinates, committee members, professional colleagues. Go to the library and read biographies. View the history channel. The resources to expand our potential are unlimited.



Tips to Discovering YOUR *Potential*

- Appreciate that inspiration is comes from within
- Connect with people that motivate you
- Investigate your strengths and opportunities for growth
- Be willing to take risks
- Be humble and ask for help
- Explore your passions and interests
- Set goals
- Take action
- Measure results
- Have fun!!!

**"Continuous effort - not
strength or intelligence
- is the key to unlocking
our potential."**

Winston Churchill



Laura R. Novakowski,
Positive Power Strategies, Inc.
**Inspiring People to Discover
Their Health & Wealth**
570.477.3388 or
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"Authentic treachery is found when we abandon ourselves, becoming deaf to the whispers of our spirits and blind to the powerful potential therein."

Joaquin Mariel Espinosa

***Make Fully Actualizing
YOUR Potential Your
Priority***

Laura Novakowski

Potential is about power and growth, two very scary, yet exciting concepts. 2008 is now upon us and we can make this the year to find our own personal power and grow into a fully actualized being. Abraham Maslow's work changed psychology by introducing what he called "**B-values**" and related concepts changed psychology forever. Maslow focused his work on the study of great people who capitalized on their strengths instead of trying to analyze what weaknesses and limitations. Instead of disease studies, Maslow did extraordinary studies. He focused instead on people such as Albert Einstein, and Eleanor Roosevelt and identified what great values they had in common.

Maslow focused on *growth motivation* as another term for self actualization need and called them "*being needs*" (B-Needs). In contrast, most research in the past had been focused on deficit motivation or "*deficit needs*" (D-Needs). Maslow suggested that only *two percent* of the people in the world achieve self actualization. Dr. Maslow concentrated his research on people who met certain criteria and identified people who met this criteria using biographical analysis. Individuals he researched who met this standard of self actualization included: Abraham Lincoln, Thomas Jefferson, Albert Einstein, Eleanor Roosevelt, Jane Adams and William James.

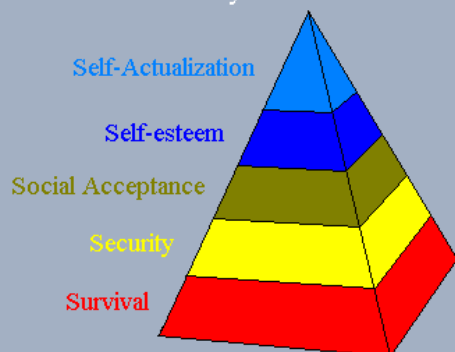
These individuals were great because they chose to tap into greater potential. They, like each of us, had to overcome fear, mistakes, adversity and challenges, but, they decided to use their strengths and talents to get closer to being fully actualized.

In this new year, consider capitalizing on our strengths, instead of focusing on our deficiencies Maslow's "B values" are available to each of us. Let's make increasing the two percent of self actualized population our number one priority and expand our potential.

Abraham Maslow's B Values

- **Wholeness/Unity/Oneness**
- **Perfection/Just-so-ness**
- **Completion/Finality/Ending**
- **Justice/Fairness**
- **Aliveness/Full-Functioning**
- **Richness/Intricacy**
- **Simplicity/Essential/Honesty**
- **Beauty/Form/Richness**
- **Goodness/Oughtness**
- **Uniqueness/Idiosyncrasy/Novelty**
- **Effortlessness/Ease/Perfect**
- **Playfulness/Joy/Humor**
- **Truth/Reality/Beauty/Pure**
- **Self-Sufficiency/Independence**

Maslow's Hierarchy of Human Needs



Laura Novakowski, MBA, RN

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***Having a "To Be Able"
Potential Attitude***
Leanne Hoagland-Smith, M.S.

**Focus on your potential
instead of your limitations.**
Alan Loy McGinnis

Exploring the origins of the words that we use every day where we take for granted the traditional or current cultural definition is a most enlightening experience. Looking at the **potential**, an explorer is referred to the Latin root word of *posse* that means **to be able**.

As we examine our lives both personally and professionally, how many times do we think that I would like **to be able** to do this or that, but for whatever (insert your own reason or rationale) I can't? What would be able if you viewed each day through the lens or filter of **To Be Able**?

One of the best examples of having a **To Be Able Potential** Attitude is Thomas Edison. He is said to have made this statement when asked about his ongoing failure to perfect one of his inventions. "I have learned 10,000 ways not to." Edison only saw the ability **To Be Able** to finally succeed, to learn from his failure, to grow forward toward his final goal.

No one is born with the innate ability to be the best, but everyone is born with the **potential To Be Able**. A colleague of mine shared a speech that she recently heard from a young man who was born without arm and legs, yet he is married and has a family. His **To Be Able potential** attitude has kept him moving forward and realizing all that he had within himself.

For many reasons, some societal, some family, some cultural, the **To Be Able potential** attitude has been altered to "can't or don't" **To Be Able potential** attitude. Life is viewed from a negative filter that distorts the possibilities of **potential** within each person and this filter limits the results of all that untapped **potential** – individual performance.

Human beings are born with innate curiosity to be able to go where no one else has gone before. This **To Be Able potential** attitude has taken man from caves to walking on the moon. Just think that right now information is doubling every year. This is a direct result of individuals who consistently demonstrate **To Be Able potential** attitude.

What would happen to your life if you started to embrace a **To Be Able potential** attitude? One of my dear friends, Mike Mirau, calls this *Doing Your Personal Best* each and every day. Imagine waking up in the morning thinking that today every action will be a reflection of doing your best. You will not allow self imposed limitations or negative conditioning to keep you from this short term goal. As you face each new challenge, you unleash your **To Be Able potential** attitude (habit of thought) and this translates into consistent behaviors that allow you to always grow forward even when you encounter obstacles or temporary failures. Just imagine the possibilities as you Leap into 2008 and make 2008 the best **To Be Able potential** year of your entire life.



Leanne Hoagland-Smith, M.S.
Your Chief People Officer
***Developing Human Capital for Sustainable
Transformational Change***
<http://www.processspecialist.com/>

Potential Energy

Stephen Sisselman

Hint for the month of January: Look to create goals all year long, not just for New Years Day.

Entropy is the term that scientists use to describe the amount of chaos than exists on an atomic and molecular level. The more entropy, the less stable a chemical compound is. Although the entropic compound utilizes a lot of energy, the expenditure is going to support the chaos. A stable compound may have the same amount of energy available to use as an entropic compound does but it may not be as measurable. This unmeasured energy storage is known as **potential**, or the amount of energy available for use in a reaction.

Life is a lot like a chemical compound with many different parts interacting to form a functioning unit. The holiday season had us all in a state of entropy, so much energy utilized but yet where did it get us? The beauty of nature is that energy cannot be destroyed. We have an opportunity to slow down and start an energy reserve increasing our **potential** for the coming year.

The beginning of a new year is a time where everyone sets resolutions of things they want to accomplish but in the end, year in and year out these resolutions remain unresolved. Resolutions are nothing more than goals, and the reason they remain unaccomplished is because we may lack the skills to accomplish them and be utilizing energy in an entropic fashion.

Working with goals is not just something to do at the beginning of the year they should be worked on throughout the year on a short and long term level. Getting started with true goal development starts the way of reducing entropy and converting the energy used in entropic reactions into **potential** energy to be used in a more directed fashion.

We all have the energy to accomplish our goals, but some may need to convert the energy they are currently in using to **potential** energy, take a look at what they want and re-use their **potential** energy to reach their dreams. Even if you are stuck in a rut, not sure where to go, making the choice to stay still for the moment, you have tremendous amounts of **potential** energy ready for use. The key is to find the catalyst to your own goal and get the reaction started.

Make everyday a day to remember!
Stephen Sisselman, BS, MT (ASCP), MS
Positive Power Strategies, Inc
ssisselman@earthlink.net
(347)558-4082



Special Section

Possibly, if you have been a regular reader of *Power Choices*, you have noticed a new format. This new look is a result of our listening to the subscribers and learning from our own changes these past few years.

The theme format still continues with this year looking at the word professional. This word was selected because today's business and personal worlds demand that everyone demonstrates being a professional.

January:	P otential
February:	R esources
March:	O pportunity
April:	F ocus
May:	E thics
June:	S trategy
July:	S elf Leadership Skill
August:	I nspire
September:	O rganize
October:	N etwork
November:	A uthenticity
December:	L earning

So mark you calendars just in case one particular topic intrigues or excites you.

In future issues, this section will be devoted to special topics such as book reviews to web sites that may help you to strengthen your own professional beliefs to image.

As always, we look forward to your feedback and truly believe that 2008 will be the best year ever for you our valued readers and for us as well. Our appreciation for your continued loyalty,

Laura and Leanne

More Potential Quotes

"To me, the function and duty of a quality human being is the sincere and honest development of one's potential."

Bruce Lee

"The will to win, the desire to succeed, the urge to reach your full potential...these are the keys that will unlock the door to personal excellence."

Confucius

"Knowledge is only potential power."

Napoleon Hill

"A sobering thought: what if, at this very moment, I am living up to my full potential?"

Jane Wagner



Laura R. Novakowski

Positive Power Strategies, Inc.

Inspiring People to Discover Their Capacity for Amazing Health & Wealth

3 Thorny Apple Drive, Hunlock Creek, PA 18621

Phone: 570.477.3388 or check out the website: <http://www.positivepowerinc.com/>

Or

Leanne Hoagland-Smith

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