

Choose to Scout**March 2009****Scout Your Flame and Share**

Laura Novakowski

Page 1

**The Scout of Yesterday Is
The Scout For Tomorrow's Future**

Leanne Hoagland-Smith

Page 2

Scout Out Reality

Steve Sisselman

Page 3

Be Your Own Health Scout

Judy Rienzi

Page 4

Scouting for Peace Within

Connie Pheiff

Page 5

Scout Within One's Self

David Sorin

Page 6

*Scout Your Flame and Share!**Laura Novakowski*

Today more than ever, our instincts – our emotional responses are going to help us survive and thrive. We are faced with opportunities and challenges that we think are daunting, almost immobilizing. Yet, over the past few weeks, I have been connecting with people and myself in a level of aliveness and motivation that is exciting and scary at the same time.

In 1957 Earl Nightingale wrote in the essay entitled "The Flame of Hope," *"No matter how crushed, how defeated, how demoralized, when all hope seems gone, there is, in a healthy person, a small, inextinguishable flame of hope – like a faint but persistent pilot light- that stays alight, much like the fire ancient man used to carry with him as he moved from place to place."* As I read these words, I realize that hope costs us nothing and yet the price is invaluable.

Scout is 5 letters. For me that becomes 5 steps that can take me to the end of the day, the end of a year, the end of a life with courage and conviction.

Set the stage first thing in the morning for a day of promise and optimism. Say out loud, *"today my cup is more than half full."* See the obstacles that you are facing for the next 24 hours as opportunities.

Create a thoughtful plan that serves your purpose and keeps you aligned with your values. Taking time to reflect and make plans to be my best this day is an invaluable approach. Writing a plan can be as simple as a one day to-do list to complex strategy helps regain focus and balance in our lives. I also keep foremost in my mind that my plan is to be my best today in work, family and play.

Open your mind, eyes, ears and heart to the beauty of the day. Take a walk in nature. Look into the eyes of the wait staff, clerk or hotel personnel. Slow down in traffic or on a busy street, hold doors open and stop to say thank you to someone who serves you.

Understand we are all human and have our own "stuff" going on. Forgive yourself for lessons learned. Forgive others for their apparent lack of sensitivity.

Transform the world with actions that are value centered and of service to self and others. Set short terms goals that change your day, set long term goals that change your profession, set life time goals that change the world.

Find the flame that ignites your day and nourish it. Give it all you've got. Let people know how valuable they are. Show them how valuable you are. Scout your flame and share!



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*Inspiring People to Discover Their Capacity
for Amazing Health & Wealth*

*"Nothing has such power
to broaden the mind as the
ability to investigate
systematically and truly
all that comes under thy
observation in life."*

Marcus Aurelius

*The Scout of Yesterday Is
The Scout For Tomorrow's Future
Leanne Hoagland Smith*

*"The best way to predict
the future is to invent it."
Alan Kay*

A scout is someone who listens or hears ahead of the main force. From yesterday to today, a scout is the trailblazer who listens for obstacles whether they are animals, vegetables or minerals. By taking this action of scouting ahead of mapping the potential obstacles, the main body was able to "work smarter not harder" when it came to handling future events.

Individuals also have the opportunity to be their own scout, their own trailblazers. Unfortunately, as the authors of *It's Not the Big that Eat the Small, But the Fast that It's the Slow* revealed executives spend less than 15 minutes a day focused on scouting the future. The tasks of yesterday and today interfere with the ability to listen or hear the future.

So how can individuals truly embrace this role of scout as they think about their future? Maybe the answer lies in the word map. Before the invention of GPS, having a map was standard operating procedure for anyone traveling by a car or even walking in a large zoo or amusement park.

You can use a map or what I prefer call My Action Plan as the scout for your future personal, professional or organizational success. This MAP has these key areas:

- Purpose Statement
- Values Statement
- Vision Statement
- Mission Statement for the next year
- Key Performance Indicators
- Written goals in these 8 growth areas:
 1. Purpose
 2. Ethics & Beliefs (Spirituality)
 3. Mental
 4. Physical
 5. Career
 6. Financial
 7. Family
 8. Social



Additionally, you will need to make an appointment with yourself to allow you time to scout for future obstacles. By investing a minimum of 60 minutes each week that is less than 10 minutes a day, you can embrace this role of scout. Then you can begin to take control of your future instead of allowing the Weasel Forces of Life take control. These forces are somewhat hidden, but if you hear the any of the following words:

Would Of, Could Of, Should Of, Think, Maybe, Try, Might, Yeah but, Hope

You now are aware and have a better opportunity to become a victor instead of becoming a victim to these forces. Only you know if becoming your own scout would have meaning for you. And that is another power choice that we all make every day when we awaken to either embrace the opportunities within each day or to simply reject them.



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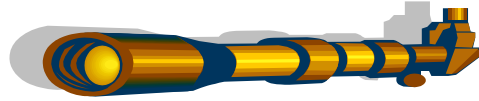
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Unlocking Results in the Greatest Asset – Your People





Answer.com defines the word **scout** as “explore carefully in order to obtain information”. This year masses of people have started out without jobs, and many more still this year will lose their jobs. It is time to focus energy on being able to find new things that can make you valuable to your current employer or your employer to be. I have heard too many times this month of people with jobs who are refusing to go outside of their job description or are afraid of taking new steps to conquer old fears. These are the next people who will be let go in every organization no matter what the field. I am asking you, “are you or have you ever been one of these people?” Whether you are out of work or feeling unsure if you will still have a job come the next month, this article is about taking the opportunity to **scout** out your abilities and save yourself and family from being thrown into financial hardship with no where to go. So please read on, and drink the information as you would a delicious cocktail, use the information as you would a new laptop, with a smile on your face.

If you have recently lost your job or think you may be, I want you take a good hard look at yourself and ask why? Saying that you are a victim of the economic crisis of this country and using that as an excuse will only get you asking for an extension from the unemployment office and not into a new job feeling great. Were there moments in your last place of employment where you could have taken a risk by helping your boss and making yourself more valuable, even if it meant going above and beyond your title and salary? Did you choose not to because you felt you were not paid enough? I’d like you to be honest with yourself and write down any instances that come to mind. See if you can **scout** out any moments that this might have happened. Make a decision to never let yourself allow that to happen again.

So, now that you realize there may have been something that you did to help your unemployment along I want you to congratulate yourself for being honest. It’s time to brush off the feelings of inadequacy and go out there and get a job. Believe it or not there are many jobs out there if you are willing to go above or below what you think you should have. Look at your resume. Does it really show your talent and ability? Do you have one standard resume that you give to everyone? The next time you send your resume out to a company, **scout** them out, and see what kind of person they may be looking for. Adjust your resume to reflect that person and what you can bring to them. There is no harm in having various versions of a resume that highlight different talents and abilities.

Go out there and get a job, even if its one that you feel does not showcase exactly what you went to school for. Perhaps there are new talents and abilities that you will find, perhaps you will make a contact that you never knew you’d make, perhaps you will make the difference in people’s lives in a way you never knew you could.

This month’s article was meant to be a little bit harsher than my usual writings. Those who have worked with me know that I am all about honesty with myself and facing reality, and I think it pays for us all to do the same. As much pain as it may cause to look at it, in the end you will find yourself feeling relieved. **Scout** out reality, look it in the face, go prove the media wrong, and do not allow yourself to be part of the unemployment statistics.

Question for the month: What can you do to NOT be a part of the unemployment statistics?



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*Inspiring People to Discover Their Capacity
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Be Your Own Health Scout

Judy Rienzi

“The idea is that if you are serious about living a healthier lifestyle, you have to find your own path”.

Bob Merberg (The Health Seekers Handbook)



When it comes to your health, are you a “do what you’re told” person, or do you **scout** out new approaches that better suite your needs? Most people don’t think about their health. They pick up a self help book, join a gym, and follow what someone else tells them to do. This can lead to short term success but long term disaster.

The elements of success, whether it is career, family or health, start with **scouting** true solutions and not quick fixes. The resources available are numerous. Researching, acquiring new skills if needed and establishing strong supportive relationships are behaviors consistent with those who take a proactive role in life. Making informed choices will result in better outcomes and a greater chance of establishing new habits. Your daily health practice should not be a battle of the wills. It should be a directed plan of your desires and a reflection of your values. “Positive health change results not from the adversarial forces inside you, but from your constructive qualities including confidence, joy, self-respect, and courage”. (*The Health Seeker’s handbook, Bob Merberg*)

A **scout** is an explorer; someone in search of new things. A true health **scout** will seek out external as well as internal forces of influence. Through a practice of self awareness, we can discover areas that need improvement and areas that need to be eliminated from our lives. When we act with a higher level of awareness, we can effectively determine what is important to us, set goals and commit to a health plan we can live with for life.

As a health **scout**, find what is available to you and discover new possibilities. Create an environment conducive to healthy living by surrounding yourself with people who will support your efforts. Identify a role model that will inspire you. **Scout** the neighborhood for exercise or nutrition classes and talk with them about health living. Choose the practices that are effective in helping you stay committed to yourself - your personal formula for success.

Exercises: What is your health vision for yourself?

As a Health **Scout**, what new approach have you discovered for yourself?

“Our basic nature is to act, and not be acted upon. .As well as enabling us to choose our response to particular circumstances, this empowers us to create circumstances”.

(The 7 Habits of Highly Effective People, Stephen Covey)

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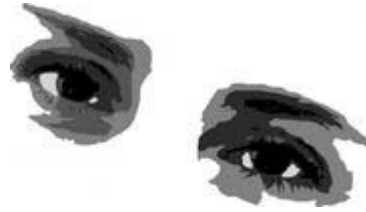
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*Scouting for Peace
Within
Connie Pheiff*



There are some people who say we cannot tell whether we are saved or whether all is well. They say we only can hope and trust that it is so. Well, I was there when it happened and so I guess I ought to know...the very moment he forgave me, made me whole...Lord, he gave me peace within, peace within! ~I was there when it happened, Johnny Cash. If you are familiar with Cash's music you will know that he was always scouting for peace within. This is true for most of us walking the earth today.

The concept of peace is important to us and frequently scouted out. In the ordinary sense of the term, it is used as an opposition to war or conflict. To quote the Encyclopedia Britannica: "Since the beginning of history, peace has been regarded as a blessing and its opposite, war, as a scourge." However, the concept is both elusive and ambiguous. It can have military and civilian associations, collective or individual connotations.

"Peace" can be used, for example, to signify a state of security and order within a community or in this case within yourself. An absence of war between rival your internal self, a state of harmony in human or personal relations, an absence of activity and noise, or a mental or spiritual condition marked by freedom from disquieting or oppressive thoughts or emotions.

"Peace" can be used as a noun, as an adjective, as an adverb, and even as an interjection! It can be used with both positive and negative connotations. It is used with a very precise legal or diplomatic meaning and also as everyday language! The scope of a story such as this has to be limited out of necessity. Therefore, my thinking has been guided by this key question I would like you to ask yourself: *When I scout, what has been the main facets of its contribution to my internal peace?*

In order to answer this question, it is important to first adopt an historical perspective of yourself and look at the concept of peace. A prospective approach will consider the future, identify your potential, and be open and willing to examine and look at the possibilities.

I won't doubt it. It's real and I'm gonna shout it, I'm gonna shout it...Lord, he gave me peace within, peace within!

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and Desired Results for personal and professional growth.*



Scout Within One's Self

David Sorin

Scout is a seemingly odd word when used in the context of self-mastery. It brings to mind visions of Native Americans ahead of the cavalry, scoping out trail conditions or the location of the enemy; or pictures of children in uniforms around a campfire. How can this be related to our context?

Delving beneath the surface, a thread of connection does appear. To scout can mean to find paths through unexplored territory. Getting to know ourselves and to push to achieve our potential, we are forced to find such paths.

Getting to master one's self involves both an internal and an external assessment. The internal assessment involves deep probing for core values- those principles that remain constant and consistent under all circumstances and conditions. It is finding out who you really are. Many of us do not know because we prefer to live on the surface, or not far below it where we have a comfort zone. Others of us have painted a surface picture of who we want to be or who we want people to think we are, but we are not actually certain that it is accurate.

So, one can be a scout within one's self, probing, looking for the paths to the true heart and soul that will reveal the real core person. It takes courage, it takes curiosity and it takes a willingness to confront what is there, and either accept it or change it.

Another path that a scout can take is to explore how one thinks. Do I see the big picture? Can I take that 30,000 foot approach and see systemically? Do I move quickly, looking for the first answer, rather than the best answer? Scouting around one's thought process can lead to a discovery of the critical thinking process, or lack thereof. Perhaps I tend to make decisions with too few facts available; or I wait for too many. Perhaps I rely too heavily on assumptions, or I refuse to take into account my past experiences. Gaining insight into thought process is helpful and will definitely strengthen a person's leadership abilities. One can attempt to match up one's tendencies with their level of success to see if what they are doing is working for them. If not, areas for change may become evident.

Some "scouts" could then rest easy and feel as if they had completed their self-exploration. But the more adventurous ones might go on to explore their actions. Who you are, how you think and how you execute on your thoughts are three equal parts of the self. All are of equal importance. To truly master oneself, one must understand the type and quality of actions they can expect to take. Can I convert thoughts into actions, ideas into completed projects?

Then, there is scouting in the external world. Those who are curious, seeking knowledge, having an awareness of what is going on about them, find opportunities for success and fulfillment. The search for paths through the external world is a lifelong effort. And there are numerous paths leading to an infinite number of places. The places can be geographic, they can be subject matter. We can explore our points of contact with the external world, the way people react to us, the way they communicate with us. So many choices...

Going back to the beginning, it now seems clear that *scout* is an appropriate choice of words for self-mastery. Where do you need to scout to gain better understanding of yourself and your world? How do you begin? What direction do you go? As was stated in "Alice in Wonderland", "If you don't know where you are going, any road will take you there." Set some goals, get on the path toward achieving them and begin your exploration.



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