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Power Choices©

**“Live one day at a
time emphasizing
ethics rather than
rules.”**

Wayne Dyer

Power Choice – Ethics

What is *ethics*? (Merriam-Webster)

- the discipline dealing with what is good and bad
- a set of moral principles :
- the principles of conduct governing an individual or a group: a guiding philosophy

Why embrace *ethics*?

There's a saying "If you don't know where you are going, any road will take you there." When you focus your energy and actions on what you really, really, really want believe me you are much more likely to hit your targets and achieve your goals and dreams. Without **focus**, our thoughts and behaviors are random and distracting. We struggle with accomplishing anything and we find ourselves frustrated and feeling like a failure. Think of mastering your ability to focus as an artist would approach a masterpiece. The artist sees the end result and works towards creating a beautiful piece of artwork. **Focus** by breaking your behaviors into very specific strategies and steps will help you to create your own masterpiece!

How can you *re-focus*?

Build in consistent, specific timeframes and benchmarks to determine where you are. Often times, people don't realize how far off track they are because they become enamored with the path and process. In other words, they lose site of their real target. It is much easier to readjust your strategy and goals if you stay focused on what is important and allow the distracters to fall away.



Eight Steps to Powerful Focus

1. *Find Your Passion*
2. *Be Open to Opportunities*
3. *Create a Plan*
4. *Understand the Obstacles*
5. *Set Time Frames*
6. *Take Deliberate Action*
7. *Review Progress*
8. *Measure Progress & Results*

"Don't dwell on what went wrong. Instead, focus on what to do next. Spend your energies on moving forward toward finding the answer."

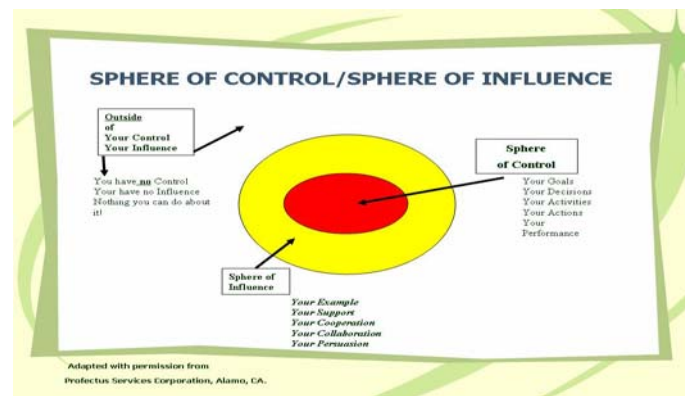
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FOCUS on That Which You Can Control

Laura Novakowski



Over the years, I have asked people what they believe have affected their ability to attain personal and/or professional success. The answers range from "Day Light savings time", "My boss doesn't like me," or "I wasn't born rich," to "I didn't ask the right questions," "I didn't listen," "I failed to ask for what I really wanted."

When I asked myself, I started to realize that my answers would have been similar causing me to lose focus and to scatter all my time, talent and energy all over the map. Fortunately, I have some great colleague and mentors that connected me with a great concept that I would like to share with you. The concept is called the ***Sphere of Control/Sphere of Influence*** and has proven to be invaluable to me to focus and achieve amazing results.

Above you will see a graphic. This idea was adapted from a very dear colleague George Richardson, President of the **Profectus Service Organization**. He and others that have mentored me over the years helped me to adopt and adapt this concept quickly and easily and really **focus**.

Starting inside, your ***Sphere of Control*** causes you to "**focus on, concentrate on and spend your energy on what you can control, what you can do something about.**" In this sphere, you identify **your** own purpose and dreams. Not someone else's. Next you make decisions, set goals, take action and **focus** on your own performance and behaviors to get you closer to being on purpose and achieving your dreams. When I decided to intentionally **focus** on what I could and would control my entire life shifted. Relationships improved, projects came together, business started flowing and I really love my life and my profession.

Next, in your ***Sphere of Influence***, you now have more opportunities to be an example of extraordinary leadership. A simple, one word definition of leadership is influence. In the influence realm, you serve as an example, showing attributes such as support, cooperation, collaboration and persuasion. Because you have focused on what is within your own control, your own attitude and behaviors, the rest takes care of itself. I cannot make it stop raining, nor can I make someone like me. When my focus immediately shifts back to I can control my response to the weather and to some else's response and reaction to me, life gets a whole lot easier.

The last arena in this concept is the **Outside of Your Sphere of Control or Influence**. The only **focus** or attention you give this area is to **DROP IT!** You can't control or influence it anyway so why waste your energy?

A very simple approach – **Focus** on What You Can Control!

"If you've lost focus, just sit down and be still. Take the idea and rock it to and fro. Keep some of it and throw some away, and it will renew itself. You need do no more."

Clarissa Pinkola Estes

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Focus For Success
Leanne Hoagland-Smith, M.S.

"Most people have no idea of the giant capacity we can immediately command when we focus all of our resources on mastering a single area of our lives."
Anthony Robbins

The old adage of "Home is where the hearth is" in reality should be "**Focus** is where the hearth is." Why? Because the word **focus** is Latin in its origins and means "hearth."

The hearth of the home is where the rays of light, heat or sound come together or the point from which they spread. In other words, focus is the collection point of all of your energies.

Now take that visual and use it as a lens to view to your business, your professional life and your personal life. As you look through that *Lens of **Focus*** are your actions being collected to a single point or are you "*spraying and praying*" your energies all over the place?

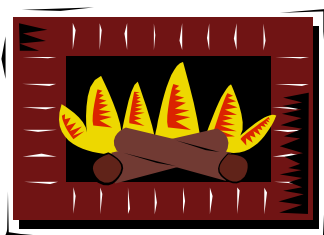
Over the years, I am continually amazed by these two consistent factors:

1. The vast majority of businesses and individuals who lack a plan of action to direct their energies and are the one of the many who fail to achieve success.
2. The minority of businesses and individuals who have consistently plan their work and work their plan. These folks are truly the one of the few who have learned to master success.

To improve your **focus**, first demands that you understand where you need to place your energies by what you can control. Next you must set time aside to reflect and exercise all of your productive thinking skills including both creative and critical. Also, there must be a written plan of action supported by written goals that will reinforce your now **focused** energies. That plan does require balance between your professional and personal lives because when we lose our balance, our **focus** suffers. Finally, the use of what I call belief statements or what others call positive affirmations keep our energies collected to that central hearth or point.

Life is full of continual surprises not too mention the existing conditioning that is a part of each and every individual. Between these unexpected events and our already learned behavior that has now become part and parcel of our belief systems, we can easily become distracted and lose our **focus**. Just like the fire in the hearth, our **focus** can dissipate very quickly when we are not continually reinforcing it with our actions.

Take action now with the year now one third over and truly **focus** your actions on what you what to achieve for your business and yourself during the next 30 days. Align all of your energies to that collection point. And you will begin to see the results of that focus by improved outcomes from achieving goals to having more time to even thinking better and ultimately realizing that **Focus for Success** is far better than the alternatives.



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Focus on Your Best!
Stephen Sisselman

Question for April:

How can we work together to bring the mission of peace throughout the world?

Leadership is the key to success in any endeavor, be it successfully finishing a project at work or getting the family together in one spot for a nice meal. A leader's objective is to get what they set out to do, to accomplish achieving goals and objectives. How can we as individuals in a family or work environment inspire those around us to lead and accomplish goals that aligned together fulfill the mission of the environment in which we live or work?

A key aspect to any leader's role is to **focus** on the individual talents and abilities that make up the people they are teaming with to be successful. Focusing occurs when a leader can read an individual or group dynamic as precisely as possible to determine a match between talent and ability and role in an organization or project. Clearly defining what each individual or team can do best can help leaders bring large goals into view almost as if they were using the **focus** apparatus on a pair of binoculars.

We all play a very important role in our own organizations. It is possible for each person to be an individual leader, advancing their life for their own benefit while still being lead by a boss or team leader who is responsible for advancing the mission or goal of the greater organization. It is here that **individual focus** is important. Deciding what your talents and abilities are may seem like an easy task, but truly understanding what talents and abilities that you have been utilizing well, over utilizing or under utilizing may require some extra time.

Take a blank piece of paper and label the top of the page, "*Talents & Abilities*". List the talents and abilities you have, from the artistic to the technical from the athletic to the divine. Next, take a new piece of paper, label the top of the paper "*Personal Utilization*", divide it into three columns labeling the first "under", the second "on target", and the last "over". Review your list of talents and abilities and write each under the column that best describes how you feel it is utilized in your life. Congratulate yourself on being honest and give yourself a pat on the back for those talents and abilities that you feel are on target right now. Look left and look right, look at the talents and abilities which you feel are over or under utilized. Open your eyes, let out a "Yipeeeeeee" and congratulate yourself on identifying areas that may require additional **focus**.

Each talent and ability you possess is like its own entity that provides you the support to be the leader you are. Over utilization can lead to burnout and under utilization can lead to poor performance and resentment. Decide right here and right now, to never over or under utilize yourself. **Focus** on creating leadership dynamics for yourself that are balanced, and provide you with the most satisfaction.

If you are satisfied at what you do and are clear on what talents and abilities you have, your ability to be successful will forever be great. Wear your talents and abilities on you like a tee shirt. Allow the people in your organization and family who also lead along side you to see them. Ensure that you are encouraging each other to be successful, and **focus** on being at your best!



**Make everyday a day to
remember!**
**Stephen Sisselman, BS, MT (ASCP),
MS**
Positive Power Strategies, Inc

