



POWER CHOICES® September 2006



Power Choice #9 – Liberate

Do **YOU** believe that you are capable of changing?
Are **YOU** willing to take your life and business to the next level?
Do **YOU** want to tap into your limitless potential?

**If YOU are Interested?
Please read on!**

- Learn to **liberate** the motivators and strengths that will help you make lasting changes in **YOUR** life!
- Learn tools and tactics that will **liberate** your talents!
- Learn what **YOUR** career could look like as you **liberate** your entrepreneurial spirit!
- Learn to **liberate YOUR** spirit to build a business and life of extraordinary success!

We are interested in helping **YOU** build **YOUR** capacity to **liberate** your potential with processes and practices that will support life-changing actions that lead to a life filled with purpose, improved health, financial independence, social responsiveness, enhanced ethical behaviors, expanded mental capabilities, amazing career performance and nurturing family relationships.

**A great reference for
personal and
professional growth!**

**The Essence of
Success**

Earl Nightingale



“Never regard study as a duty, but as the enviable opportunity to learn to know the liberating influence of beauty in the realm of the spirit for your own personal joy and to the profit of the community to which your later work belongs.”

Albert Einstein

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!**

“Your past is not your potential. In any hour you can choose to liberate the future.”

Marilyn Ferguson

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Liberating Your Potential

Laura R. Novakowski

**"We have to talk about
liberating minds as well as
liberating society."**

Angela Davis

According to Satan from John Milton's **Paradise Lost**, "The mind is its own place and in itself can make a heaven of hell, or hell of heaven." Although those words were written more than 300 years ago they are probably more true today than ever before.

The human mind has this wonderful ability – the ability to liberate our potential. Unfortunately, this particular ability, in my opinion has been very poorly tapped. Instead, we often use our minds to worry and build "stories" about how terrible our lives, our companies, our communities have become. We paint mental pictures of dreary jobs, boring relationships, limiting communities, in other words – we live a life of "hell" and limit our ability to be successful

In a previous life, I worked with a highly talented, highly productive woman, however she had one draw back. She was limiting. This is a serious symptom for most people, but for a leader in a department of 50 people in a company that is experience constant stress and crisis, the situation becomes ripe for disaster. She was forever marching to human resources with disciplinary action forms and job postings.

In our monthly one-on-ones, I had tried numerous ways for her to change her approach and nothing seemed to be working. I decided to try something outside the box. I asked her how well she new her employees. She knew their names, their credentials, the job responsibilities and she knew everything that they *could not do*. I next asked what they were capable of doing, what was their potential. Her response – "I don't see any potential."

That was unfathomable to me. Sitting before was a woman that I knew in that instant not only didn't see her staff's potential, she had absolutely no clue as to her own potential and the influence that she had on her department. She was in her own personal "hell" and if I didn't do something soon, that "hell" would infect the entire organization (it probably had already, but...).

Looking at her long and hard, I gave her an assignment for the next 30 days. The assignment was the following:

- ✓ Create a log for each employee, to find some potential for each one, write it down and verbally compliment that employee for that positive asset
- ✓ Refrain from any negative feedback either verbally and/or in writing
- ✓ Report to me weekly her findings and what she found positive about the exercise.

I knew she wasn't happy, but she knew me well enough that if she could not do the assignment we definitely would come up with plan "B." That plan would have definitely been a lot harder on her and me.

The first week was tough. She came in with superficial compliments. "Sally showed up for work." The next week was easier. "Tom had a suggestion." By the end of 30 days we decided to carry on the assignment. I recently ran into this woman at a function. She's been promoted, continues the exercise and to liberate potential!

Laura Novakowski, MBA, RN
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Liberate Your Beliefs! Another Piece of Your Success Puzzle

Leanne Hoagland-Smith

***"Contemplating and mediating
on the 'real-self' accelerates this
process of self-development and
makes liberation possible."***

Atharva Veda

Many individuals and companies are consistently seeking new answers to achieve ongoing and lasting improved performance. These solutions revolve around changing behaviors and may include such practices as self-improvement tapes, corporate training and executive coaching. Yet, the desired results still allude many because the answer begins not with addressing behaviors, but with **liberating** beliefs reflected in attitudes that are displayed through behaviors.

Early years of conditioning has tremendous impacts on how the human brain functions, thus resulting in hindering our ability to liberate those beliefs and attitudes that hold us back from achieving our potential. Research suggests that most of our attitudes are in place by the age of 5. These attitudes evolved from our earliest foundational experiences and in many instances are quite negative. For example, many of us can easily complete the following two statements: ***Don't draw...; Don't speak...*** . From these foundational experiences, we have constructed beliefs that limit future performance. Cautions such as "*Don't draw outside of the lines,*" limit our ability to think **outside the box** or "*Don't speak to strangers,*" limit our opportunities to meet new people and seek new businesses. These are just two examples of conditioning habits that were introduced very early on in our development.

In the book, *Get Our of Your Own Way*, the author Dr. Cooper, provides insight as to how our brains enjoy the status quo and actively strive to maintain current conditions. In other words, we actively fight change, remember – we have been conditioned to do so. We have a responsibility and obligation to **liberate** ourselves from those natural tendencies that limit our potential and ultimately our success.

Acknowledging and understanding our beliefs can **liberate** us and provide the momentum for us to tap into our highest potential and achieve the impossible. Again, the liberation of those beliefs requires us to

- ✓ take the time to reflect;
- ✓ seek the insight of others such as friends, mentors or coaches; and
- ✓ be willing to accept what we may not wish to hear.

Keep in mind the old but true adage: "No pain, no gain." If you **liberate** your beliefs – you will solve another piece of your success puzzle. And, the results are so worth it!

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Two Rules for the Liberation of our Business Self

Stephen Sisselman

In the mid 1980's author Brian Jacques, published the first book in a series called **Redwall**. Targeting young adults, **Redwall** is about a community of woodland creatures (mice, badgers, moles, etc.). As it turns out, this series has a lot to offer people personally and in business. Martin the Warrior is the character who becomes the inspiration for generations of woodland creatures to succeed. As a young mouse, he rose to the challenge of **liberating** the community of the Mossflower woods from the hands of Tsarmina the wild cat. What made Martin have so much success?

First, he was in a situation of grave danger by Tsarmina and her family by being placed in a jail cell and needed to find a way to escape. Simultaneously, Gonff, another mouse was also jailed. Gonff had the skill of a burglar (he usually used his skill for the good of the Mossflower community, stealing extra food). Martin's leadership ability helped him to recognize the skill of a fellow mouse and utilized Gonff's to help **liberate** them both from bondage. According to this the first rule of **liberation**, when you start feeling restricted in any situation whether at home or at work you are afforded the opportunity to look around for support. Realizing that others may have skills that can be used in conjunction with your own is much more powerful than trying to go it alone. This is just one example from the series of **Redwall** of how the success of the community depends upon the inter-reliance of individual creatures and their different abilities.

Second, Martin was not the official head of the community but an individual from within who showed drive, initiative and leadership ability. Martin was chosen to go on a mission to Salamandastron, a mountain where a strong badger was supposed to live, the father of one of the Mossflower community members, who could in theory come back and save the community from the hands of Tsarmina. In the end, Martin did not return with the Badger but with great knowledge and skill from his quest that ultimately lead to the destruction of Tsarmina the wild cat, and thus the **liberation** of his people. So according to this, the second rule of **liberation** is that one does not have to be in a position of authority to have the power to liberate themselves.

In business, there are situations in which we feel that we are in bondage. For example, working for a boss who leads with a heavy hand, gives no inspiration and promotes getting things accomplished with the use of fear can be very restrictive. That sense of fear promotes a life of mediocrity and "safety", of being so locked up in a competition war that we forget why the business we are doing is so important to us. The key to our business **liberation** is to follow Martin's example. Look around you for support and the skills of others. A strong partnership will unite trust and respect while enhancing your best skills and qualities, allowing others to pick up where you cannot, making **liberation** possible. Do not get caught up in the idea that to **liberate** one must be in a position of authority. Authority is different than power. Power is influence and one can have influence to make change; to choose to **liberate** themselves without the need of official authority.

Is there some situation in your business life that you feel has placed you in bondage? Can you identify people in your life that have success in business? What success have **you** had in business? Look at what you and others have done to create success. Concentrate on those *feelings* of success, partnership and **liberation**. Be Martin the Warrior for yourself and others!

*"Let no foul beast give one command,
I'll say, 'O no not me,
My back bends to no tyrant's rule.
Hey, friends, this mouse is free.'
Free has a sound, it rings around,
A lovely way to be.
So dance or sing, do anything,
You're free free free free freeeeeeeeeeee!"*
-Gonff- from Brian Jacques's *Mossflower*

**Make everyday a day to
remember!**

**Stephen Sisselman, BS, MT
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On a scale of 1 to 10, with 10 being **extraordinary**, score your **liberating capacity** in the following:

How is my **capacity to liberate potential** helping me to find my life's purpose? ___

How is my **capacity to liberate potential** helping me to achieve balanced physical health and well-being? ___

How is my **capacity to liberate potential** serving me in my mental growth and development? ___

How is my **capacity to liberate potential** supporting me in building strong family and friendships? ___

How is my **capacity to liberate potential** helping me to build a better community? ___

How is my **capacity to liberate potential** serving me to improve my financial growth potential? ___

How is my **capacity to liberate potential** helping me to create a successful career, profession or business? ___

How is my **capacity to liberate potential** supporting my beliefs, ethics and values? ___

How is my **capacity to liberate potential** serving me to change? ___

Evaluating **YOUR liberating capacity** 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 enhance your **liberating capacity** for success and help you to **double your performance** please call:

"Never regard study as a duty, but as the enviable opportunity to learn to know the liberating influence of beauty in the realm of the spirit for your own personal joy and to the profit of the community to which your later work belongs."

Albert Einstein



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