



Changing Dynamics

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What's The Best Conquest by Laura Novakowski

Have you found that your life has become a battle field? Do you feel that everything is a big struggle? Getting through life, many times, getting through the day, can seem to be an overwhelming obstacle for many of us.

Now, I'd like to offer 5 simple steps to conquering your aggravation and agitation over the countless issues that arise in a day.

Step 1: Identify the common denominator. Now this is pretty simple, really, because if you are being impacted than more than likely you are in some way directly involved and that means that you are the common thread.

Step 2: Asking yourself what it is in the situation that is causing you all of the grief. Do you really think that people (or pets) start out with an intention of making your life miserable? Now, think long and hard about this one and be honest.

Step 3: Listen to what is really going on or being said. More often than not, the comments or actions are not directed at you, you just happen to be there.

Step 4: Look at your options. If you take all the "junk" being hurled your way and let it stick, this gets really tiring and awfully heavy fast. Or, you can choose to see what role you are to play in the situation and how you can make it better.

Step 5: Conquer yourself. Conquer the smart remark. Conquer feeling slighted. Conquer whatever control you have over the situation. Conquer yourself and you will find that no one or no thing can ever disturb you or your peace ever again.

Interested in finding assistance in "conquering" yourself:

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3 Questions to ponder?

- Who I am?
- What matters to me?
- How can I add value?

"It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell."

Buddha

Great Book to Read:

Elizabeth I CEO: Strategic Lessons From The Leader Who Built An Empire
by Alan Axelrod

This book provides 136 "concise lessons for leadership in ten key leadership areas".



**CREATING ATTITUDES &
STRATEGIES TEACHING
LIMITLESS EFFECTIVENESS**



"Treat a man as he is and he will remain as he is. Treat a man as he can and should be and he will become as he can and should be."
Stephen Covey

Positive Power Strategies, Inc. is a development and consulting company whose sole purpose is to support individuals and organizations in realizing their potential, living uncommon lives and providing extra - ordinary service.

It has been the privilege of Positive Power Strategies, Inc. to work with companies and individuals that treat everyone as the exceptional individuals that they are and help others and themselves to climb to even greater levels of achievement by accessing the tools and support to enhance their professional and personal development.

If you are interested in learning more about an organization that is committed to helping you and your organization become all that you "can and should be", please contact us.

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FOCUSED IMAGINATION by Laura Novakowski

Ever wonder why you can't seem to achieve your dreams? Then it might be time to focus your imagination.

Let's pretend you've just won the lottery and you could do anything you want with the money. Your mind would automatically go into gear. The people that you could and would help (yourself first). The car or the house you would purchase. The job you would leave. The charities you would help. The places you would visit. The list really grows quite easily.

Now, pretend that you know exactly what you want and you have all the resources you need. Let your mind shift to focusing on the result. If you noticed, I changed the word money for resources. This is the first step to focusing your imagination.

Next, you start thinking about ways to earn money (stay away from thinking about lack) and you will start seeing opportunities instead of obstacles.

Then, you look at people differently because you are drawing them into your dream - seeing ways that they will benefit by you becoming successful.

Do you see how easy it is to "focus" your imagination?

If you do, why don't you give it a try and I believe you will be very impressed with the results.

You can't depend on your judgment when your "imagination is out of focus."

Mark Twain