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PURPOSE, POTENTIAL & PERFORMANCE

## C.R.E.A.T.E. C.H.A.N.G.E.

*“Among the notable things about fire is that it also requires oxygen to burn - exactly like its enemy, life. Thereby are life and flames so often compared.”*

Otto Weininger

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The Theme for 2011's **Power Choice©** is **CREATE CHANGE ~ November = Genuine**

### Notable October 2011

*What can happen to our careers, our relationship, our communities, our lives if and when we choose to be notable?*

In this month's issue, our intention is to help you to understand the importance of becoming more notable in work and life. Included in this issue are some insights, ideas and opportunities that can help you to build contributing and collaborative practices that lead to extraordinary results for you and all with whom you are involved.

**Dictionary.com** defines to **notable** as:

1. *worthy of note or notice*
2. *prominent, important, or distinguished*
3. *capable, thrifty, and industrious.*

*“History has demonstrated that the most notable winners usually encountered heartbreaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats.”*

Anonymous

*“Don't be afraid to give up the good to go for the great.”*

John D. Rockefeller

***To CREATE Extraordinary Change  
Find Ways And Means to Become Notable***

# *Five Steps to Being Notable*

by  
*Laura Novakowski*



***“Hold yourself responsible for a higher standard than anybody expects of you.***

***Never excuse yourself.”***

**Henry Ward Beecher**

Often times, being notable is described as notoriety or infamy. Instead, let’s consider the possibility that being notable is tied to our businesses, our lives and most importantly to our character because we humbly stand out.

What if we focused on five simple steps to help us become notable as an asset not a liability; a collaborator not a competitor; a valued resource not a drain on time and capital?

## ***The first step is Focus***

It only takes one individual with a strong focused purpose to lead communities to pull together, organizations to become more innovative, innovative and team oriented, and families to thrive. In early September, major flooding occurred across much of the Northeastern part of the United States. Network news coverage, the National Guard, fire fighters, utilities, police, and community members all focused on a common higher purpose – safety. Over and over again, I witnessed strong people stand out and lead in spite of tremendous challenges. And, quite frankly, I saw others not do quite so well, causing distractions and confusion.

## ***The second step is Action***

Although the damage occurred, organizations such as chambers of commerce, the Red Cross, churches, civic groups and businesses not directly affected immediately jumped into action to provide support and services. It was humbling to see young and old work endless hours to assist and serve. There was not time for self serving behavior – the positive and productive action was needed. The time wasters and individuals were trying to stay under the radar with work, but sought notoriety with reporters and their communities.

## ***The third step is Inspiration***

In the midst of such stark devastation, some people losing both home and business in a matter hours were finding it hard to move forward. After the receding water, floors were left covered with mud and debris. Even clothes, dishes, food that was above the water level were left damp and musty from all the water on the ground and in the air. One company was running their business from trucks as they cleaned up their business, saving their homes for later. They believed that they had a commitment to their clients and would fulfill their obligations despite tremendous personal loss. For me, that was inspiring.

## ***The fourth step is Transformation***

Within a week, post the flooding many businesses opened their doors with business as usual. They had transformed debris and dirt back into restaurants, insurance companies,

offices and clinics. Companies less impacted by the disaster but with extra storage and office space offered to those affected so that there were only slight disruptions in service – relocating entire businesses over night. The transformations were extraordinary.

### *The fifth step is Habit*

The fifth and final step of faith is habit. Dictionary.com defines habit as a “*settled or regular tendency or practice, esp. one that is hard to give up.*” Our habits certainly are with us every day but when a crisis hits they are even more prominent. Do we have those notable habits of resilience, tenacity, courage and commitment? Or, do we have infamous habits of drama, cowardice, indifference and apathy. The habits that I saw displayed over and over again helped me to appreciate how notable the men, women and children in my community were and are in a crisis.

Just in case you didn’t notice. The five steps actually stand for **F.A.I.T.H. – Focused Action Inspires Transformational Results**. If we can be notable with *Focused Action Inspiring Transformational Results* in times of a terrible natural disaster just think of how notable we can be in “normal”, everyday business and life.



*“When you have come to the edge of all light that you know and are about to drop off into the darkness of the unknown, Faith is knowing one of two things will happen: There will be something solid to stand on or You will be taught to fly.”*  
Patrick Overton

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The ACTS® Approach is a proven technique that Positive Power Strategies, Inc. uses to help individuals, organizations and communities to

**"Create Strategies & Goals to Unlock Extraordinary Potential."**

# *Not Able the Shadow of Notable*

*Leanne Hoagland-Smith*



The word notable if viewed and subsequently pronounced using a different filter could be “not” “able.” Does that perception change how we look at this word Notable?

What current tasks that are important to your personal, professional or business success are you not able to complete. By not being able to complete these takes, are they keeping you from being notable (usual pronunciation)?

Many times our brain tells us we are not able to do this or do that. We give up without trying. We lose opportunities to:

Repurpose  
Reposition  
Recalculate

To be notable instead of not able does require us to rethink and then reflect upon what we are currently doing. This may necessitate us to seek advice or counsel elsewhere from colleagues, friends or mentors. In some cases, we may have to invest in hiring a specialist who can shorten the learning curve and support us to becoming notable even faster.

There are many shadows in our minds. These shadows can quickly overtake our ability to think rationally, logically and can easily put us on a different path. This course correction in many cases is counter productive to where we want to go.

Investing time to reflect at the end of the day as to what we were not able to do is time well invested. Ask yourself:

- What was I not able to accomplish?
- What could action could I have taken to be more notable?
- What will I do tomorrow to ensure I will be notable instead of not able?

For you hold the key to being either notable or not able. How you chose to unlock your daily passion, plans, potential, productivity or purpose is 100% under your control.

*Leanne Hoagland-Smith, M.S. Chief Results Officer*

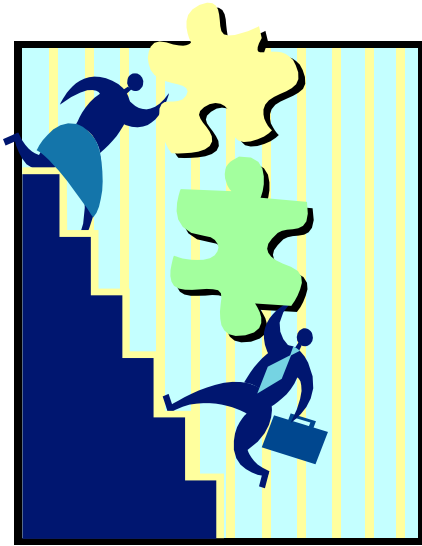
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## *Notable* *The Power of Lifestyle Change* *Judy Rienzi*

There have been many notable figures in the health industry that had a great influence on us over the years. A few that come to mind are Jack Lalanne, Joseph Pilates, and Kenneth Cooper, MD, MPH. These people have changed the way we eat, the way we exercise, and overall changed our lifestyle.

A sickly child, at the age of fifteen, Jack Lalanne changed his life. His interest in nutrition and exercise helped him open the very first gym in 1936. He invented equipment and taught people how to work out, build muscle, and eat healthy foods.

Joseph Pilates, another sickly child suffered from asthma, rickets, and rheumatic fever. He believed our modern lifestyle, bad posture, and inefficient breathing were at the root of poor health. He dedicated his life to improving his physical strength. Around the year 1925, he developed a series of exercises and equipment required to teach his method. Today, his method is one of the most sought after and highly effective programs.

Kenneth Cooper, MD, MPH, the founder of Cooper Aerobics, published his first book titled “Aerobics” in 1968. He introduced a new concept to the world and launched a worldwide fitness revolution. During his military service, he developed a 12 minute, 15-mile fitness test and the aerobic point system that is still being used today by the military, athletic teams, public schools, and universities.

*Do you have to be famous to be notable?*

Jodi suffered from Psoriatic Arthritis – an autoimmune disease that left her with a full body rash and joint pain. She also suffered with Rheumatoid Arthritis, Lupus, and a few other diseases. She went on a health journey in order to gain control and improve her health. She discovered Joel Fuhrman, MD, a pioneer of our time, who believes in treating disease with a high nutrient dense diet. Jodi went to see him, and changed her lifestyle overnight. Following his guidance and direction, Jodi committed herself to his program. Her results were amazing. Her arthritis and rash are completely gone and she is off all medication. You could say Jodi created a movement for herself that changed the course of her – a notable figure. Ten years later, she’s still reaping the reward of a healthy lifestyle.

I look to Jodi for my inspiration because I follow this same lifestyle. Her courage and strength helps me stay on a journey that sometimes sets you apart from others. There is power in lifestyle changes and they are worthy of notice. For anyone who has made lifestyle changes, or plans to make lifestyle changes, you are a notable figure.



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# Notable Moments

by Laura Canter



*Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well. - Voltaire*

Notable – capable of being noted; noticeable; evident;  
Notable Moment – a moment worth of notice, a memorable moment in time, a notable event.

When was the last time you experienced a *Notable Moment* in your life? Now given the definitions above, we sometimes feel that these notable moments have to be huge life changing experiences. But, personally I don't think they have to be HUGE moments in life. What about the day-to-day moments which help to break up the monotony and routine? Aren't those notable moments?

One of my Signature Character Strengths (per the Values In Action Character Strengths Assessment) is Appreciation of Beauty and Excellence. According to the VIA Survey, Appreciation of Beauty and Excellence means: *You notice and appreciate beauty, excellence, and/or skilled performance in all domains of life, from nature to art to mathematics to science to everyday experience.*

Now, I know some people might see this as a "hokey" strength. It sounds like a fluffy, warm fuzzy strength which may not truly help someone in real life. However, Appreciation of Beauty and Excellence (or just *Appreciation*) refers to the ability to discover, identify, and take gratification from the existence of goodness in the physical and social worlds. A person, who is strong in this character strength, feels awe, admiration, wonder, and elevation when experiencing daily activities. These daily activities can include, but are not limited to: walking in the woods or strolling the busy streets of a city; reading novels or newspapers; learning about people's lives; watching sports or movies or even looking at a piece of art in a museum or art gallery.

Appreciation makes you feel open to the physical, emotional and spiritual beauty which you are witnessing. So, why would this be an important strength for someone to cultivate? Referring back to the VIA Institute's definition of Appreciation - it is *akin to the mystical experience defined a century ago by William James in which one feels a sense of truth, oneness with the universe, an inability to express experience in mere words, and a vividness and clarity of sensation and perception.*

Research has found that Appreciation is a strength that may help us cope with emotional challenges or other difficulties we may encounter in life. If it is not obvious while going through the stressful event, it certainly is apparent in the aftermath. And unlike many of the other VIA strengths, the display of Appreciation leads immediately to a positive emotional experience that can be identified as awe or elevation.

So, what are the notable moments in your life? Some of the moments may include: positive childhood memories; Graduations; your wedding day; perhaps the birth of a child; a promotion? But what about other experiences like: the first time on a sail boat on the great blue ocean; the first, second, or even third time you stood on top of the Eiffel Tower? What about that amazing feeling you get after you've hiked up to a top of a mountain and looked at the world below? Even a wonderful sunrise or

sun-set? We all have the moments in our life and what makes these moments so profound are – hormones. That’s right - hormones.

When we are experiencing these amazing moments of Appreciation, our body is releasing hormones responsible for helping us to be happy – dopamine, serotonin, norepinephrine, GABA, and Acetylcholine. Here is the cool thing about remembering a positive past event – our brain is not aware that we are not in that moment truly experiencing it.

Engaging in psychological skills, like Imagery, can help to trick and even train our brains into thinking we really are on Safari looking for lions, standing on a catamaran off the coast of Hawaii watching humpback whales breach – and your body will release all the same positive, happy hormones it did when you first experienced that notable moment. This is how Appreciation can help you to invoke coping skills in your daily life. It takes us from that stressful, anxious, fight or flight response and puts us in an immediate relaxation response just by thinking of a past notable moment which was positive.

Appreciation also helps us to slow down and seek out these potential notable moments in life. People who are strong in Appreciation rarely feel that they are just *existing* in this world. They feel they are actively participating in it. Yes, there is boring and mundane for all of us, but what we choose to remember and focus on doesn’t have to be the boring, negative, or monotony of our day, we can choose to be more optimistic; which will only help us for future success.



**To enhance this signature strength, consider the following:**

- Learn how to savor these positive emotions when they occur
- Share your appreciation of beauty and excellence with other like-minded individuals
- Immerse yourself in an experience which will help you cultivate Appreciation for the future.
- Focus on a time of Appreciation and put other things out of your mind.

*Appreciate what you have, before time teaches you to appreciate what you had.  
~unknown*

*\*For more information  
on Individual Coaching, Team/Group Coaching,  
Guest Lecturing, or Workshops & Programs or the  
Values in Action Character Strengths Assessment  
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