

PowerChoices®

PURPOSE, POTENTIAL & PERFORMANCE

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

Experiment December 2011

"All life is an experiment. The more experiments you make the better."

Ralph Waldo Emerson

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The Theme for 2012's Power Choice® is EXPLORATIONS

What can we learn, change, improve upon in our careers, our relationships, our communities, and our lives if and when we choose to experiment?

It is December of 2011 and another year is coming to a close. Options have been presented, many have been overlooked that might have afforded opportunities for creating sustainable change. Let's go for it, take a risk and close out the year experimenting.

A simple definition for experiment...

Try something new!

"A fool is a man who never tried an experiment in his life."

Erasmus Darwin

"Every great inspiration is but an experiment."

Charles Ives

"Just tasking a team to be creative won't get you to be innovative. It's having a corporate climate that gives people the space to experiment and take risks. Only then can you truly sustain it."

Steve Brown



**TO CREATE Extraordinary Change
And Means to Become Genuine**

**Get Sane -
Experiment!**

by
Laura Novakowski

Albert Einstein has a great quote about insanity, "*Insanity: doing the same thing over and over again and expecting different results.*"

Surprisingly enough, when life has been throwing one challenge after another, we all too frequently move into a risk adverse mode. We resort to past practices and actions that we know all too well, even if they have not led us to any degree of success. Now is the time to toss out all those habits, relationships and behaviors that are holding us back. Now is the time to experiment.

Experiment with habits. Perhaps you want to change your habit of seeing the glass half empty. Instead of finding "*no opportunities, no money, no jobs;*" brainstorm with your self and others to find "*new opportunities, new income, new jobs.*" A person wanted to find a new job. Traditional approaches weren't working. Internet resumes were overlooked. Responding to typical want ads didn't give her an edge of an advantage. She decided to try something new and only interview for jobs that she had to create personal connections. She made contact first with those people face-to-face and establish a relationship first. She even offered to volunteer if necessary to better understand the organizations. Guess what in less than six weeks she had a job that placed her solidly in her career path.

Experiment with dreams. Blow the dust off some of your past dreams – I recently visited an art show for an executive that had lost his job. He moped around the house for a while. Then, funds started running low and he took a much less paying job for benefits. Having more spare time, he rekindled an interest in an old dream – to paint. As it turned out, he is really talented and was featured in a local art show which met with amazing success.

Experiment with life. You want more joy and happiness in life. Infuse some new experiences. Go for walks in nature. Volunteer to help clean up your community. Teach someone to read. Learn a new language. Try a new adventure. I recently went on a trip to Mars at Epcot – and I hate rides. It was a blast!

Interested in getting sane? How will you experiment?

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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."**

What's Your Trial?

by
Leanne Hoagland-Smith

The word experiment in its earliest origins meant a test or a trial. Later the word came to mean testing for the results of a possible action to determine what was better. This experience was a judgment or a trial.



As we look to the New Year, what trials in life will you need to make judgments so that you can move yourself or your business to that next level? In answering this question, may require you to consider what fears and obstacles are keeping you back from holding that trial?

For example, in business are you looking at the trial of mobility? Given there are 6.3 billion mobile subscribers or 77% of the world's population, how will you experiment with this trend respective to your business?

As we become even more connected through social media, the trial of emotional intelligence is continually present. Research Daniel Goleman and author of Working with Emotional Intelligence suggested that top performers were 127 times more productive and these same individuals had higher levels of emotional intelligence. Ignoring the effect of emotional intelligence is one experiment that may be quite detrimental the overall bottom line be it personal, professional or organizational.

One of the greatest experiments and most beneficial is that of self reflection. In the book *From Values to Action* by Harry Kraemer the former CEO of Baxter International, he writes about 4 pillars or principles of Values Based Leadership and defines the first principle as self reflection that being "the key to identifying what you stand for, what your values are and what matters most." Self-reflection is truly a daily trial. Each day we have the opportunity to reflect about what we did, what we failed to do and what we may need to do tomorrow. Through these self reflections we are putting our own behaviors on trial and making judgments about the results. Maybe this is why self-reflection is an experiment many fail to actively embrace.

Life indeed is an ongoing experiment, a series of trials that we as forward thinking leaders can either embrace or ignore. How we handle those experiments or trials is what makes us who we are; allows us to expand our potential and recognize all those opportunities to support us as we move forward to that next level of where we want to be.

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***Experiment with Awareness
For Optimum Health***

Judy Rienzi

When someone you meet on the street asks you “How are you”, do you usually answer “very well thank you?” The book *Quantum Wellness* by Kathy Freston opens to this very phrase. Many of us don’t really think about how we feel. We move through life unconsciously, unaware of our thoughts, behaviors, and habits. How often do you do the same thing expecting different results?

“Quantum wellness is about the tiny things we invest our energy in everyday and every moment. It is about understanding the incredible power of consciousness and choice”. Mind, body, and spirit work together. To be truly well, to be truly healthy, we must understand and be aware of how we listen to and take care of our body, how we process our feelings, and how we connect to the world. Our daily habits keep us in a predictable place, but when we make a change we upset the norm. This leads to a “quantum leap”, a breakthrough toward wellness.

There is an exercise in the book that I think we could all experiment with. So let’s get our journals and follow these four steps:

1. ***Listen and learn.*** If you have an unhealthy habit, accept where you are with it now. Learn how this habit is hurting you and just let it settle into your mind.
2. ***Set an intention.*** Set your intention of how you want it to be. Trust that you will get there while still processing the information you learned in step one.
3. ***Come up with a plan.*** Find the resources, tools, and support you need to help you.
4. ***Make the move.*** With the right mindset and action plan, you are now ready to put this plan into action.

For Kathy Freston, these four step lasted six months. Her unhealthy habit was smoking but she allowed herself to go at her own pace and take action when she was ready.

Allow yourself to experiment, be conscious, and create yourself on the journey to wellness.

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What were the Results of Your Experiment?

By Laura Canter

"Nature is trying very hard to make us succeed, but nature does not depend on us. We are not the only experiment."

Anonymous

This year has been an experiment – an experiment in you. Together we've *Created Change*, now it is time to take stock of what has happened. What were some of your triumphs? What were your tribulations and where are you now? Are you still lost trying to find your way?

Or have you found some useful tools to help you find *your cheese* (see the picture above)?

The end of a year is a perfect time to see what is working for your – What is *good*. What could have been done *better*? And *how* are you going to make the appropriate changes and adjustments in the New Year. But, before you begin your *Good, Better, How* planning – the first step – you must take the emotion out of this process.

You have to be able to look back at your failures without the hurtful emotional attachments which keep us trapped in the past. We need to be able to see where we were successful (give yourself the pat on the back you deserve), we need to be able to look at where we lacked in success without criticizing ourselves – NO NEGATIVE SELF-TALK! Be honest with yourself and say – where did I go wrong? Finally, despite the set-back, how are you going to improve? How are you going to utilize all of your strengths to help you be successful in the future? How are you going to use all the tools and resources from the past year to help you create a new plan for the future?

Good – list all of your personal & professional achievements from January 2011 until now. What were some of the big events that you needed to tick off of your to-do list? Weight loss success? Job promotion success? Or was it just to keep your head above water this year?

1. Personal success...
2. Professional success...
3. Other success...

Better – list all of the personal & professional goals that you did not achieve. Also, list the unexpected let downs which you could have handled a bit better.

1. Where could I have done better
2. Taking the emotion out of the situation – where did I overuse my strengths?
3. Personal, Professional, Other let downs...

"That is the hardest thing of all. It is much harder to judge yourself than to judge others. If you succeed in judging yourself, it's because you're truly a wise man."

Le Petit Prince, Antoine de Saint-Exupéry

How – Now consider your strengths – how were you able to be so successful in the *Good* part of this self-reflection? Were you hopeful? Were you perseverant? Were you brave? Were you self-regulated & in control? How can these strengths help you to be more successful in the *Better* part of the self-reflection?

1. What were my strengths?
2. How can I use them to be more successful in the future
3. Looking at what I could have done better – how do I plan on changing and improving for future success?

Every day, every week is a new chance to re-evaluate your progress and goals. We don't have to wait until one year is ending and another is starting to see where we went wrong and how we need to tweak for New Year's resolutions.

We need to have some *Vertical Coherence* throughout the year to keep on track and avoid that feverish chase – which can lead us to increased stress, negative outcomes and unhappiness while pursuing our goals. *Vertical coherence* is the ability to set goals while monitoring them with the ability to move back and forth between eagle vision and mouse vision.

Psychologist Aaron Beck (2003) who first described vertical coherence coined the phrases *Eagle Vision* and *Mouse Vision*:

- ✿ *Eagle vision* - is your purpose or mission statement in life, your core values and “what you would like to become.”
- ✿ *Mouse vision* - is all the small things you can do each day to move closer to your mission statement.

As we move into the New Year – re-evaluate your Eagle Vision and your Mouse Vision as part of the *How*. This will help you stay on task and make sure the *You Experiment* is on track, it's all about test-retest for future success.

**For more information
on Values in Action Institute's Character
Strengths Survey (VIA) & discovering your strengths
– or –
Leading with Strengths: Leadership & Strength
Building for Leader in the Healthcare Industry
Workshop ~ please contact Laura Canter.*

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