

PowerChoices ©

PURPOSE, POTENTIAL & PERFORMANCE

SEASONS GREETINGS

December 2010

Nucleus

2010 is coming to a close. What has become the center, the core, ah yes, the **nucleus** of our theme this year has been **AUGMENTATION** - increasing in potential, strength, success and overall growth.

Nucleus (Dictionary.com)

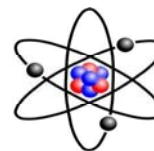
- 1. A central or essential part around which other parts are gathered or grouped; a core*
- 2. Something regarded as a basis for future development and growth; a kernel*

As you review the extraordinary choices that you have made in 2010, appreciate that you have and are augmenting your world. Now, how can strengthen that nucleus for a future, a world and a life that will take your financial, physical, education, career, family, social goals, and life purpose to an entirely new dimension? Envision new levels of health, success, passion generation and joy in your life.

If interested, please read further.

"There is in us a lyric germ or nucleus which deserves respect; it bids a man to ponder or create; and in this dim corner of himself he can take refuge and find consolations which the society of his fellow creatures does not provide."

George Norman Douglas
Finnish Composer



"First the stalk - then the roots. First the need - then the means to satisfy that need. First the nucleus - then the elements needed for its growth."

Robert Collier
American Motivational
Author

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Calls to Action:

I build my strategies, strengths, resources and actions around my nucleus for building my personal and professional success.

The Theme for 2011's **Power Choice© CREATE CHANGE**

Power Choices© Comments:

*Loved reading Kate's Legacy
A CEO from New Jersey*

Please feel free to share your thoughts and comments with
info@positivepowerinc.com

*Allow Your Nucleus to
AUGMENT Your Success*



Allow Your Nucleus To Generate P.E.A.R.L.S.

Laura Novakowski

*"Plant the seed of desire in your mind
and it forms a nucleus with power to
attract to itself everything needed for its
fulfillment."*

Robert Collier

How we react to outside stimuli in our lives, our work our world, is a direct result of what is fundamental to our core. This nucleus can generates a response internally first, a tiny speck shows up and our subconscious mind moves in.

What if we were able to take every idea, issue, irritant, or impulse and allow our nucleus to generate something of beauty, something memorable, something lasting? What if we generated pearls?

The pearl is formed when a microscopic irritant is introduced into an oyster. This particulate causes nacre, an organic-inorganic composite material that creates strong, resilient, and iridescent, to create layers upon layers that result in a beautiful pearl. The analogy for me is all of our thoughts, attitudes and emotions create the layers of our work and life. Now, consider what could happen if you were creating priceless pearl s- which by the way you are - every day.



Purpose. When we treat purpose as the nucleus for our lives and our work, we immediately have a different focus. The more clear, the more powerful, the more engaging and the enticing the purpose, the better we are able to attract the right strategies, the right habits, the right goals and the right actions.



Evaluate. Now that the core is established, it is imperative to evaluate our current state, both personally and professionally. Evaluate your finances, family relationships, social and community networks and contributions, values and ethics, career, and mental growth. Include asking others how they see you, even those who might be on your top ten list or you on theirs. Now's the time for honest feedback.



Approach. Set goals. Little goals, big goals, even goals that you might not accomplish in the short term but year after year. The bigger the purpose and more you have evaluated yourself and your results, the more likely you will be able to set goals that generate valuable pearls.



Resilient. Be persistent, don't allow yourself to be derailed. As Winston Churchill once said in 1941 at Harrow. *Never give in. Never give in. Never, never, never -- in nothing, great or small, large or petty -- never give in, except to convictions of honour and good sense. Never yield to force. Never yield to the apparently overwhelming might ..."*



Lead. If you are looking for luster and immeasurable value, than you need to lead yourself and others in the right direction. Just like any other work of art, introducing the wrong elements, ideas, actions and thoughts can modify the end result and the beauty if lost. Be responsible and responsive all aspects as the layers cover your core.



Strength. Show creativity, compassion and compassion. Most of all show and share your character. Dollars comes and go, but our integrity and our reputation are irreplaceable.

Whether, we are working, playing, living, sharing,
let's allow our nucleus to generate pearls.



ACTS™

is a proven process that Positive Power Strategies, Inc. engages to help individuals, companies and communities to find ways to "Orchestrate your way with strategies, resources and actions that lead you to personal and professional health and wealth."

Laura R. Novakowski, RN, MBA, President
Positive Power Strategies, Inc.
Leading People and Organizations Back to Health
ACTS™ to achieve tomorrow's results today!
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Values The Nucleolus

Leanne Hoagland-Smith

With the world operating in many shades of gray, separating what is right (white) from what is wrong (black) is difficult. Yet for individuals or organizations desiring continued success truly suggests that the origins of that success begin within the white of their core values.

Just as in the formation of a pearl, there is a process by which that pearl is created. Interruption of that process will impede the growth of that pearl and ultimately will determine its value.

Consider each of your employees or even yourself a pearl in creation with immense value. The clearly articulated and positive core values are the process that will develop you or your employees into large and very valuable pearls. When that process is interrupted or even unclear, then the result is employees who are also unclear as to what is expected. This lack of clarity will affect you personally or your organization from the bottom up and top down.



Of course as leaders, whether you just lead yourself or you lead others, you have been formed ahead of others. Now your role has transformed into the pearl developer to ensure that the other pearls also reach their maximum potential for growth and beauty.

This is a daunting task given all the outside forces. However by knowing your purpose; having written and shared positive core values; a clear vision and a current mission, you as the leader of this developing pearl bed can weather these storms of change. You will be able to overcome the adherence by the developing pearls to complacency or the status quo sometimes feels like impossible obstacles.

As the old expression goes, *to thine own self be true*. Your own values are your nucleolus and from this core you can be the developer of rich pearl beds. What this might mean is you may have to invest some time knowing yourself even better.

With 2010 coming to an end, one of the key remaining questions to be asked is “Just what is your nucleolus?” By investing the time to answer this question, may help you making even more powerful choices as you work to develop yourself and your people to be gleaming, shining and valuable pearls.

Leanne Hoagland-Smith, M.S. Chief Results Officer
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The Nucleus of Life is YOU *Judy Rienzi*

Does your life reflect who you are-your desires and values? Do you feel something is missing in your life? As the New Year is just around the corner, it is a good time to reevaluate the foundation, the nucleus of your life- you.

The most important way to build your nucleus is through self- discovery. Get “to know” yourself as you would get to know a friend or partner in a relationship. In her book *Life Makeovers*, author Cheryl Richardson explains “Your relationship with yourself is at the heart of a great career, loving relationship, true joy, and a meaningful life. It all begins with you” .

Her suggestions for re-connecting with your values, desires, and needs are:

Journal Start an ongoing dialogue with yourself every day. Capture your thoughts, dreams, fears, what you’re grateful for, and what you long for.

Capture Your Dreams Write about the dreams you have while you sleep, even if it’s pieces of a dream. Dreams reflect desires, hopes, and fears.

Create a Community of Support Even if it is one person, find someone with whom you can share your discoveries. Sharing your thoughts about yourself helps to uncover valuable information.

Reawaken Your Spiritual Life Returning to a spiritual practice provides comfort and a connection to the soul.

An alternative practice could be Meditation or Imagery that reconnects you to your inner voice.

Schedule time each day to journal. Keep writing and you will connect with the nucleus of life-you

CONNECT is a Self Management
Health Communication System

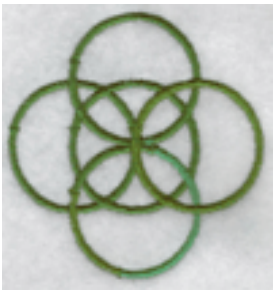


Developing Healthy Practices

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What is at your core?

Five-fold Celtic Knot

This pattern represents balance. The four outer circles symbolize the four elements: earth, fire, water, air. The middle circle unites all the elements with a goal to reach balance between all four elements or energies (mind, body, & spirit)

Single Celtic Spiral

Represents ethereal energy radiating out (or inward depending on your perspective) also symbolizes growth, birth and expansion of consciousness (3 spirals indicate balance between the mind, body & spirit).

As we come to a close on 2010, I feel that I need to reiterate a couple important questions which I've asked you throughout the year: What is at your Core? Do you know your strengths?

This whole year has been about learning what your personal strengths are and how you can develop your personal strengths to find success. But, the research tells us that only 1/3 of people can actually name their character strengths. So, if you don't know who you are or what you want in life, let alone the personal strengths to use to get there, then it may stand to reason it could be difficult to truly connect with that *pursuit of happiness* we all strive for.

I know it may seem a little strange to be asking you these questions, especially during this time of year. But usually around this time of year, people begin to look back in review, as well as, begin to look forward to the New Year. People who know who they are – at their core – and people who actively use their strengths, consider their personal legacy. They want to create things that will outlast them, delivering a sustainable positive impact after they have gone. What will be their legacy for future generations?

Many people don't consider their personal legacy for many reasons. First of all, we live in a generation and a world of NOW! News media, **Twitter**, **Facebook**, Emails, Blackberries – we want instant gratification, we want instant information and we want it NOW! We are so accustomed to getting what we want, when we want it - that we don't stop long enough to consider if it is at the heart – the core – of what we truly want. If someone tells us *No*, we keep asking until we hear a yes.

Another reason many of us don't have to consider how we will be remembered, in part, because of how people think of long term accomplishments - something that will outlast us and survive them we they have gone. After all, that is the common definition and approach to legacies. However, another way we can think about legacy, is by asking ourselves the question: ***How do you want to be remembered?***

People's memories are **not** restricted to our whole life in retrospect after we have passed on; people have memories of us from day to day, from every interaction we have shared. Therefore, we can always change our direction.

This is a powerful way to think about Legacy, and also a way to focus on developing your personal Legacy. To do more that will leave a lasting impact, reflect or act on the following:

Legacy Exercise - Write your obituary. A bit morbid, I agree – but once again – How do you wish for others to remember you once you are gone?

- How do people remember you now? Is that how you want to be remembered? If not, what can you do to change it? Every action shapes an interaction. Over time, those interactions shape the memories we hold of people, the legacies they have left with us. As Gandhi said, *become the change you wish to see in the world around you*. Shape your own behavior to become the legacy you want to leave behind.
- We live in the age of NOW. Everything seems urgent and important. However, keeping in mind your personal definition of success and what you want your legacy to be, you can re-define what is important. In so doing, you might recognize that what you once thought to be urgent isn't actually so important after all. Do what matters to you and you won't regret it. The long term is always here faster than we expect.
- Identify the areas where you want to leave your Legacy. Always putting off until tomorrow – before we start next year (a whole year of new ideas, goals, successes and failures) – shouldn't we know why we are striving so hard to an end?

Enjoy the holiday season. Review what you have learned from this year, consider what you want from the New Year & use your strengths to help you succeed in your own personal pursuit of happiness. I wish you all good health and happiness for the New Year.



The Celtic Symbols

One reason why I chose to use Celtic Symbols for my pictures at the start of this article was in part because of my strong Irish background. But, more than that, the ancient Celts knew what was at the core of life – BALANCE. And their legacy has lived throughout the centuries to today. Celtic symbols have influenced many of today's architecture, art, literature, symbology, and more. It is a good reminder for us to consider how our future actions will shape what we leave behind.



*For more information
about the **Values in Action Institute's
Character Strengths Survey (VIA)** and
discovering your strengths
please contact Laura Canter.*

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