

# PowerChoices ©

PURPOSE, POTENTIAL & PERFORMANCE

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

*"Every man has three characters - that which he exhibits, that which he has, and that which he thinks he has."*

Alphonse Karr

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The Theme for 2011's **Power Choice**© is **CREATE CHANGE** ~July - Change

### **Exhibit June 2011**

*How will we exhibit thoughts, attitudes, and behaviors that build extraordinary work, relationships, or worlds?*

In this month's issue, we intend to provide you with some tips and tools that can help you to exhibit positive, productive and effective thinking, attitudes and actions that will support achieving extraordinary results and give more meaning to work, life, relationships and success.

Definitions of **Exhibit** from **Yourdictionary.com**:

-  to present or expose to view; show; display
-  to present to public view for entertainment, instruction, advertising, judgment in a competition, etc.
-  to give evidence of; reveal

*"We love force and we care very little how it is exhibited."*

Ralph Waldo Emerson

*"The fact that you are willing to say, "I do not understand, and it is fine," is the greatest understanding you could exhibit."*

Dr. Wayne Dyer

***Exhibit Positive Thoughts, Actions and Results  
to CREATE CHANGE***

# Exhibit Positive, Powerful Leadership

Laura Novakowski

*"Character is not made in a crisis,  
it is exhibited."*  
Robert Freeman



Globally, humanity is starving, even dying for positive, powerful leadership; unfortunately, it seems like everyone is waiting for someone else to step into this role. We often act as if someone else has more talent, more brains, more money, and more responsibility, subsequently, we allow mediocrity to thrive and injustice to prevail.

Everyone, and I do believe everyone, has the capacity to exhibit dynamic, leadership. One might ask, *"How can little old me display positive, powerful leadership?"*

Follow the Four "C's"...

## Challenge, Change, Contribute, and Commit

**Challenge** yourself to think and act differently. Move past your day-to-day actions and activities. Expand your purpose and passion past what might be a very limiting world. Explore your neighborhoods and communities to find unmet needs and opportunities to be developed. No one is going to hand you opportunities if you are sitting passively on the sidelines complaining or waiting for the right moment. Take the risk and keep in mind that ...

*We are busy so often work **in** our lives that we forget to work **on** life.*

Ask yourself, *"What do I need to challenge in my life, my work, my world right now?"*


**Change** your plans, goals and objectives to align with that bigger vision that you have for you life, your community, and your world. Change the events that you attend, the relationships that you are in, and the possibilities that are available to you right now. Step up to the plate and keep in mind that ...

*Change only happens if we **initiate** it or **actively participate** in it.*

Ask yourself, "What do I need to change in my life, my work, my world right now?"


**Contribute** actively to meetings, relationships, events, programs. Now is the time to exploit your talents and strengths. Have talent with numbers, help find financing. Love to network, help others to find jobs. Great at writing, write stories, articles, newsletters, and books that will help rather than hinder growth and prosperity. "Pay it forward" and keep in mind that...

*Our greatest contribution is **not hoarding** our gifts but **sharing** them.*

Ask yourself, "What can I contribute in my life, my work, my world right now?"


**Commit** with energy and enthusiasm in every possible situation. Don't wait to be asked, volunteer. Don't just raise your hand when asked for agreement, shout out a resounding "YES!" Give 100% or don't give at all. Say you are all in and keep in mind...

*There is **no stopping** a committed person!*

Ask yourself, "What do I need to commit to in my life, my work, my world right now?"


To exhibit positive, powerful leadership, we have the opportunity to challenge, create, contribute and commit each and every day in every situation. *I believe we are up to the task, let's go for it!*

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*The ACTS® Approach is a proven technique that Positive Power Strategies, Inc. uses to help individuals, organizations and communities to find ways to "Navigate their way with strategies, resources and actions that lead to extraordinary health and wealth."*

# *To Have, To Hold, To Give, To Exhibit*

*Leanne Hoagland-Smith*

Exhibit is the result of our decision making process whether those decisions are external (about the outside world) or internal (about ourselves). Its Latin origins come from the verb “habere” meaning *to have, to hold – more at give*. (Webster’s Collegiate Dictionary 1967)



When we look at our daily behaviors, we can ask ourselves:

- ✚ “What decisions did others observe me having?”
- ✚ “What decisions did I hold today?”
- ✚ “What decisions did I give?”

Whether we like it or not, the behaviors we exhibit are a reflection of our *Beliefs* and have a direct bearing on the results we are looking to achieve. So if we are not happy with our results, then it may make sense for us to look beyond what we exhibit through our decision making process.

During this reflection process, we may also wish to examine our talents. For it are those talents singularly or in combination with other talents that we exhibit within our decision making external or internal processes.

Another layer within the behavior exhibitions is our temperament. How we tend to view the world around us or how we tend to view ourselves and our lives is reflected through our temperament. This viewing can be optimistic (positive), pessimistic (negative) or neutral.

To better understand our exhibiting behaviors may require some assessments that establish a benchmark such as the Attribute Index. Using journaling as a reflective process can support better understanding of how we perceive ourselves as well as how others perceive us. Working with a mentor or a coach can also provide additional clarity. Remember, exhibiting a decision (to have, to hold, to give) even sometimes if it is the wrong decision is better than exhibiting no decision at all.

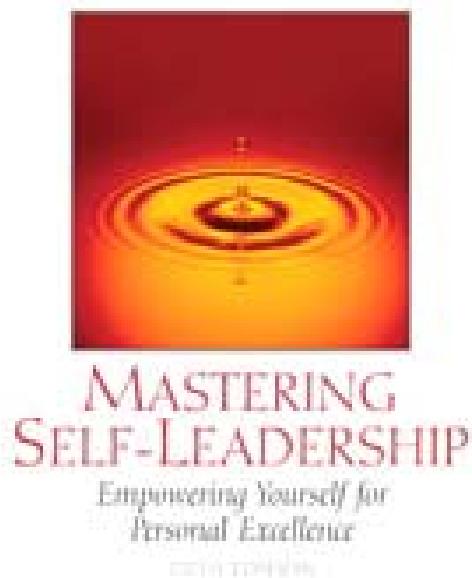
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**Book Review: *Mastering Self Leadership***  
**by Christopher Neck and Charles Manz**  
***Judy Rienzi***

*"There is a person with whom you spend more time than any other, a person who has more influence over you, and more ability to interfere with or to support your growth than anyone else. This ever present companion is your own self."* Dr. Pamela Butler, Clinical Psychologist

Christopher P. Neck • Charles C. Manz

Self-leadership defined is simply a process of influence that comes from within. To be an effective leader of others, we must first be able to lead ourselves.

The authors point out that we influence our behaviors in various ways even under the most controlled situations. For example, the order or method we complete tasks, our thoughts and discretions, if we choose to set high or low personal goals, and how we manage our progress are all choices we make everyday. Even in the face of influential external leaders who exercise their power, we can negate what we hear and substitute our own internal communication. What we do with our lives is truly up to us.

Throughout the book, the primary process of self-leadership is discussed which is derived from two areas of psychology.

- *"Social cognitive theory, recognizes the adoption and change of human behavior as a complex process with many parts."* This theory tells us we influence and are influenced by the world around us; we have the capacity to manage and control ourselves; we have the ability to learn by observing others and by using our imagination; and how we perceive our own effectiveness.
- *"Intrinsic motivational theory, emphasizes the importance of the natural rewards we enjoy from doing activities or tasks that we like."* We are more likely to do things in the future that bring desirable results.

This book is particularly concerned with personal behavior. Behavior, in a broad sense, takes place on an observable physical level and an unobservable mental level. To exhibit effective self leadership, we must combine these two levels of influence for desired accomplishments.

Our behavioral tendencies are greatly influenced by our present and past experiences from which our habits and patterns are formed. How we behave will determine what we will be faced with in our world. In other words, how we treat others is how we will be treated. Another factor to consider is our behavioral tendencies-*“how do we react to certain situations, how do we think about problems?”* We exhibit self leadership when the actions we take influence both ourselves and the world we live in. If we choose to take an optimistic view of the world, our world will be a more enjoyable place to live, and we may respond to the opportunities our world has to offer. In so doing, we have influenced what the world is to us and how we behave towards it.

The book goes on to describe techniques to enhance self leadership in a variety of situations. Self regulatory strategies for personal problems such as exercise and diet, and organizational/work challenges are covered. A wide range of approaches is available to practice self leadership effectively. These include self observation, goal setting, purpose examination, and self reward to help us accomplish what we need to accomplish. In addition, a powerful approach is redesigning our psychological world through the development of constructive beliefs, self talk, and imagery.

We possess a great deal of choice concerning what we experience and what we accomplish. In the face of difficulty and limitations, we still possess the ability to choose. *“ We can lead ourselves by the choices we make.”*



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## Exhibit Your Strengths

by Laura Canter

Throughout this year the Power Choice newsletters have been helping to guide you through a new year of change. The newsletters are designed to actually help you CREATE *your own CHANGE*. Recently I have noticed a reoccurring theme among my individual coaching sessions with clients - creating your own change is hard!



*How do I get started?  
How do I decide where to focus my energy and attention?  
What is it that I truly want?  
How do I change - well, me?*

These questions triggered the scientific part of my brain. It actually led me to remember Sir Isaac Newton. I know potentially an odd choice here. And I guess it doesn't help that I did spend a semester of university aboard in Grantham, England (Newton's birthplace). We did see his statue a few times passing the pub...err....library!

Now, I know we are not actually speaking about physics or mathematical equations in these newsletters, but stay with me for a moment. Let's reconsider Newton's First and Third Laws of Physics and see how it might pertain to our current life situation.

*Every object in a state of uniform motion tends to remain in that state of motion unless an external force is applied to it. - Sir Isaac Newton's First Law*

*For every action, there is an equal and opposite reaction. - Sir Isaac Newton's Third Law*

Let's look at the facts:

- Exhibit A ~ Newton's First law = If we are travelling down a particular path (good or bad), we tend to stay on that path until an external force move us from the path.
  - Take your job or a marriage for example. Most people stay in their unhappy, unfulfilling, even dysfunctional job/marriage until they are fired/served with divorce papers. Then they are left to deal with the grief and loss of an important dimension of their overall wellness.
  - But the truth is -they probably were not even happy or satisfied in the first place! People stay in friendships, romances or partnerships long after it has become more of a negative emotional parasitic trap vs. a fulfilling, uplifting support system. They stay at their job with low pay, no respect, long hours, and lack of intellectual stimuli because they feel there is not other option.

Now, let's look at Newton's Third Law:

- Exhibit B ~ Newton's Third Law = For every action **you** do – there is an equal and opposite reaction. Ergo, **You** are responsible for **your** own life. **You** are responsible for **your** own happiness!
  - Many people forget to take responsibility for the energy they put into the world around them – during work, during time with family, while engaging with friends, and even strangers.

We block our own blessings because we don't feel worthy enough, we don't feel good enough, pretty enough, smart enough, or just - enough. We are afraid of change, because we : 1. we are afraid of the unknown; 2. We don't ask our selves the tough questions – What is it that I really want, & 3. We don't allow ourselves to exhibit the strengths to be successful in evoking our own change. It's not about being cocky or arrogant. In fact, people who are overconfident are truly seeking validation. Validation which can only come from within! Sorry Jerry Maguire, but you will never complete me. Only I can complete myself. So, if your world is full of happiness parasites (and not happiness boosters) do something about it! We have to learn to get past our insecurities and exhibit our true self. Learn to exhibit our true strengths.

According to the Center for Applied Positive Psychology (CAPP), people who use their strengths:

- Are happier and more confident
- Have higher levels of self-esteem and energy
- Experience less stress and are more resilient
- Are more likely to achieve their goals
- Perform better and are more engaged at work
- Are more effective at developing themselves and growing as individuals

And why are they all of those things? Because they allow themselves to be witness to their true self. They don't block the blessing, they simply say 'thank you.' They also, seek out fulfillment in life. If a job is not meeting their occupational dimension of wellness they seek to find one that will. If their relationships are becoming a burden they seek to fix it and when working through relational issues fails – they move on to find one's that will meet their needs = they EXHIBIT their strengths to improve upon their Six Dimensions of Wellness ~ to create *an equal and opposite reaction!*

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