



EmpowerChangeNow Newsletter

Life Transformations, LLC. – *empowering change*

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Life Transformations was

founded in 2003 by Joanne Aaronson. Joanne's mission is to foster empowerment in the individual to achieve his/her ideal life including relationships, career, and financial situation. Or for the executive, to achieve Enlightened Leadership to empower their best organization possible. The [Empower Change Now Newsletter](#) was started in 2007 to support this mission by sharing information about the underlying paradigm shift necessary to empower change in the individual for unlimited possibilities.



Dear Readers,

Our success begins with us being ready to get off to a good start and tackle problems with a positive attitude. This month I emphasize the power of You in in that equation.

As usual, I welcome your comments or experiences with this material.

Always in light, Joanne

The Power of You

The most important person on your team is you. Try not to forget the importance of what you bring to the table every day. Here's a good example to help you remember. What you bring to the table at the start of each day sets the stage for all that happens during the hours that follow.

Ever see a person in the morning come in bright-eyed and bushy-tailed? Let's call her Anne. She says "hello" to everyone and is pleasant to be around. Now Jim didn't sleep well and comes in late and rushes to his desk not speaking to anyone. He skipped breakfast and is in a bad mood due to his hunger. His work mates get the message real fast that he'd rather be left alone. Wow, just the energy of the person alone sends out a tremendous message. Are you Anne or Jim? Do you plan for your days, come prepared or allow life to throw you around instead? It's your choice.

In the end, you're the real key to your own success. No one else can do it for you. What are some of the keys to a powerful "you" day? Here are some suggestions:

Understand your own balance point. Find the happy spot where you are comfortable between work life and home life. All work and no play... well, you know what one... it makes for a dull person in the end. We need to balance work with leisure time or we'll lose our effectiveness. In taking time off, we come back to the task at hand refreshed and ready to tackle it with a new perspective – whether it's just a walk around the park at lunch or a long weekend. Everyone needs to relax. I've actually heard people say that they can't stand too much relaxation. When we get to that point, we really need to check with our inner voice to find out what's happening since we've gotten out of balance. Balance also involves staying healthy, eating right and drinking lots of water.

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Attitude is Everything

If we believe that we “can” do something, then we “can”. That’s the power of the mind.

One of my favorite expressions is that *nothing positive starts from a negative*. We must believe in something ourselves before we can accomplish it. Thus, in order to be successful, we must maintain the proper attitude. *The power of positive thinking* is well established but how can we apply this concept to our everyday lives and particularly to successful management?

We are constantly confronting situations that test our patience and our abilities. We can use them to challenge ourselves, stating internally, “yes, I can do this”; or conversely, we can tell ourselves “wow, how will I ever get this done?” The positive comment, even said to oneself is uplifting whereas the negative comment will only cause heartburn, mistakes, delay activity and possibly even sabotage our efforts to accomplish our stated task.

Once I stood at the top of a mountain about to ski down. It was an unusually cold day and a bit windy, with the wind on the upside. I remember telling myself, “I can do this” and I skied better than ever particularly with the help of the wind blowing up. My skiing partner said, “Was that you I saw?” very surprised at my increase in apparent ability. Merely telling myself that I could do it substantially increased my confidence and my success at getting down the hill smoothly.

Being positive is a choice. We live in a duality that’s defined by opposites like black and white or negative and positive. Every day we get to choose how we will think, behave, and react to what circumstances occur. In turn, we define the energy that we stir up and then, like a repeating radio tower, this energy bounces off the world and comes back to us quite multiplied. So if we are positive, we attract more positive and if we are negative, well, you get the idea.

Some of you may recognize this as a universal principle called the “Law of Attraction”. It’s been popularized by Norman Vincent Peal in his now famous book, “The Power of Positive Thinking” and many other books with variations on the theme. The point is the same. There is tremendous power in maintaining a positive attitude.

Everything that we do starts out first as a thought in our minds. We think it, and then do it. If you go around doubting yourself, wondering if you’re in the right spot or if you deserve the position you’re in, then you will only attract co-workers who doubt themselves... and in the end, you will have a self-fulfilling prophesy of failure. A winning team is full of people that believe in my favorite expression—*that failure is not an option*. I once overheard a team member state, *We have to make this happen, because Joanne’s says, that failure is not an option*. They were repeating my words. They believed in me and I believed in myself. A positive attitude is contagious. Try it and see for yourself.



Remember:

- ◆ **Being positive is a choice**
- ◆ **Positive behavior is rewarding**
- ◆ **Believe in yourself!**

Events and Happenings

AIA Angels Memorial Fund Page for the Smile Train. Please consider a donation to a charity that saves third world children from a life of disfigurement.

The Circle of Life-A Journey Through Grief to Understanding

See details at www.josanpress.com or 703-624-0130 for questions.





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Want to know more?

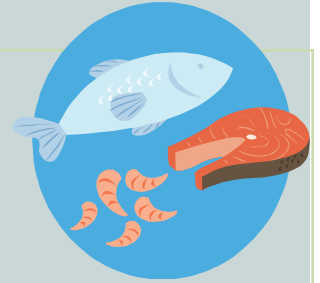
We're on the web:

www.empowerchangenow.com

Balance Your Life Corner

Barley & Grilled Salmon

Barley is a fiber-rich grain that's often overlooked, but is quite tasteful. Try it paired with grilled salmon for a heart healthy recipe.



Mix 1/2 cup barley with water according to box directions. Grill 1 lb. of salmon with spices of choice (I like a pre-mix such as Herbes de Provence, Spicy, Grilling Spices, etc. so that just a pinch over the fish is all that's needed). Spray with PAM first to hold the spice and allow the fish to cook without sticking to the pan. In 10 short minutes you have a great meal. Add veggies such as diced tomato, green pepper and onion and stir fry. Enjoy!

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After you find a happy medium between work life and home life, next is believing in yourself. If you don't believe you can do "it", then why should anyone else? Positive self-talk is a good motivator for those stressful times. Just saying to yourself, "I can do this", "I have enough time", "I can make this happen", has a profound effect on the results. Do some deep breathing, engage in a quiet space activity such as meditation, yoga, tai chi or other self-centered time out activity to slow yourself down from the normally hectic pace of life at work.

We all need nurturing. Put those Blackberries down during lunch time and really take a break—you will find it will help you to be more productive not less if you give yourself some human interaction now and then. Find a friend to talk to, share some tid-bits about your life and become part of a bigger community at work to feel more connected. This will help you to be more in harmony with self as well as with others.

Once you're in balance and feeling good, have confidence in your abilities, then you're ready to approach your team.

It's not possible to show honest enthusiasm for anything you don't believe in. So work at what you love. Then your enthusiasm will be contagious and your team will be charged and ready for action. Your positive energy will lead to more positive energy from those around you.

In the end, it's You and what You bring to the table that's really where you're power lies. .

