

'yto - one'

Newsletter – January 2007

Hi All Our Valued Friends, Partners, and Clients

January 2007

Welcome to our second newsletter of 'yto - one'.

Happy New Year

Here we are at the threshold of a New Year. January! A new year, a new calendar! New resolutions! New goals! What fun! Christmas has passed and my wish is that you got to spend time with loved ones in positive and loving ways. And if things perhaps did not go as well as you expected, or you experienced loss of some kind, I hope that you took comfort from the learning's which will enable you to grow and blossom more into the magnificent person you are!

New Year is a great time to "take stock." As we approach New Year's Eve Celebrations and the heralding in of a New Year, I'd like to encourage you to take some time out before the 1st January 2007 to contemplate on your personal inventory and decide what you want to keep and what you can purge.

A New Guiding Principle

Each year I create a new goal as a guiding principle. For example for 2006 my goal was to create more courage (live without fear). In my diary I pasted the quote from Shakespeare: "Cowards die many times before their death. The valiant taste of death but once." As a guiding principle for the year, it proved to be something that did push me forward. When I was afraid I still acted and I found that the courage showed up – then! When I took action! I do believe that I did create more courage in 2006 and I wonder if I had not set this as my intention, would it have been in my awareness, and indeed would I have acted on it. So, right now, take a moment to ask yourself what new principle would assist you to create an amazing and empowering future.

What Would Be Different For You At the End Of 2007

I am curious what you would like to create for yourself in 2007? I wonder what your intention is? I am curious if you could see yourself at the end of 2007 how different would your life be? What would you notice had changed in your life? What would the year have been about for you? These are questions I pondered myself as I approach the New Year. How did I want to be at the end of 2007. Well I know that I want to be living with even much more passion, joy, freedom, beauty, connection and love – that is what would be different for me!

Who Will You Be in 2007?

New Year is also a wonderful opportunity where we get to decide about reinventing ourselves or parts of ourselves or our lives. I am wondering – who is it that you secretly admire? Maybe it is someone in the movies, a model, or a sport star, or it could be a quality in someone you know. It may be the way your friend holds beautiful dinner parties. Or it could be the way your sister treats her boyfriend with compassion and kindness. So, I ask you to spend some time also thinking about whom it is that you truly admire. What is it in that person that you admire? And if you were to model that person, what would you need to do differently that you are not doing at present? What sort of beliefs would you need to have to create a life/style like that person? What would you need to let go of? Who do you need to be?

Theme for January – Entering the New Year Fresh

At the beginning of the New Year it is a wonderful opportunity to "clean the slate" and "enter the New Year fresh." We can decide to let go of things we are tolerating in our lives. And decide instead to create things that nurture, serve, support and challenge us. So, what is it you have been tolerating in 2006? What is it that has been taking up too much of your energy? What do you need to let go of?

The Lady Who Kept Everything Locked Away In Their Closet

There one was a lovely dear Grandmother who lived alone and one day died peacefully in her sleep. Weeks later when her grieving family went to her home to clean out her closet they noticed that it was bursting out with so many things that had never been touched in years or had ever seen the light of day. The family approached the closet, and looked inside – they could see the beautiful, 600 thread count sheets that Nana's Aunty had given her for a wedding present. They had never been used and she had not long

'yto - one'
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celebrated her 45th wedding anniversary. On the shelf next to the sheets they found the pile of clothes she had been accumulating for years. These were vintage clothes, some were see-through and some so worn they couldn't wipe the dust off anything. The next great find in her closet was the blanket her mother saved her from her childhood. That night as the family removed things from the closet, one of the grandchildren started to cry. "Why is it you are crying?" said The Father. The child explained that her dear Grandmother had so much treasure yet none of it had seen the light of day. It was being saved for that special day which never came. "Isn't treasure something that is meant to be discovered?" she asked her Father. Tears filled the Father's eyes as he understood how true this statement really was.

The Moral of The Story – Treasure is Meant To Be Discovered

In our closet metaphor, you have learned by now, we find treasure, junk and unused assets. What good is any of it if it's kept in a closed closet? The same is true of your life. I invite you to use this new calendar year to take some time to sort through your life and make use of the treasures, discard the junk and recycle the things others can better utilize.

You used to love to write but have not found time to do so for a long time. How can you better use this asset? Your church needs someone to write their newsletter? What a great opportunity to use your skill, help a worthy cause and make yourself feel useful all at the same time? Dust off those writing skills, make that volunteering phone call and get those skills out of your life's closet.

The anger you are holding against your former brother-in-law served you well at one time. As their marriage was disintegrating and he was leaving your family, the anger you felt at how he treated your sister helped you break the ties you felt to him. That anger served you well at the time. But, several years have passed and both your sister and his ex-husband have moved on with their lives. There is no longer any reason to be angry with her. What would it cost you to let go of that anger and use the energy elsewhere in your life, perhaps for a positive purpose? Just like the see-through rags, perhaps this old anger could be tossed aside?

Your sense of humor has been underutilized lately. When was the last time you had a real belly laugh? What would happen if you would drag that wonderful funny part of you out, dust it off and start using it again? Where could you bring joy? Where could you feel joy? Why has life gotten so serious all of a sudden? You may need to jump start your sense of humor just to get it going again. Read a funny book, see a funny movie or get together with friends who make you laugh. Find a way to have that big belly laugh and get your humor back in use again. Everyone you know has missed having it around.

What other skills and abilities lie dormant in your life right now? What can you rediscover within yourself that would bring you value? If you look, you may find a love of reading, skill at a game, some athletic ability, the joy of cooking, the ability to tell a great story, the ability to listen well and empathize with others, etc. Letting these skills and abilities sit on a shelf, unused, is such an incredible waste of your God-given talents! Drag those things out, dust them off and start using them again! You may be amazed at what you discover within yourself and what then others discover in you.

This Is A Year To Live Fully – A Year to Grab All the Gusto Available To You And To Feel All Those Tingly, Thrilling Highs That Have been Missing from your Life!

It's all good stuff in that closet of your life. Let's get to sorting and using that good stuff. I wish you luck and success in the sorting. As embark upon your own Personal Inventory, I'd like to remind you that anything is possible in your life. If you have a wish, remember you have the ability to make it come true. Never give up on your dreams, your passion, on you! I look forward to kick-starting you to an amazing 2007.

Can't wait to catch up soon!
Warmest Regards, Karen Vella
yto Performance Consultant, Life Coach
yto Owner and Founder

I am the New Year. I am an Unspoiled Page In Your Book of Time.
Anonymous