

# 'yto - one'

## Newsletter – May 2007

*It is surmounting difficulties that makes heroes*  
Loui Kossuth

Hi All Our Valued Friends, Partners, and Clients

May 2007

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

### Theme for May – what happens when we hit an obstacle?

Welcome to May - wow– isn't time flying this year! So, I'm really curious to know if you took the opportunity throughout April to do something that you feared, or if you noticed within yourself what happens in a moment of fear? Well done! Because even if you took just one step forward you have achieved an important milestone – you have moved past the fear and developed courage! Moving on, this month, I'd like to share with you some insights for what to do when we hit an obstacle, a bump in the road, a down-cycle, or become disappointed. So, let's explore this theme of getting through the rough spots or challenges of life.

### Disappointment - Not Getting What You Want

Think to a time in your life when you really wanted something and it didn't happen. Can you remember what the feeling was at the time? Yes, I am sure you can! We have all felt that. It is often a sense of being let down, and disappointed because our expectations have not been met.

### Life's Challenges – What Disempowers Us?

What normally happens when we feel disappointment is a sense of giving up, we tend to sink lower into a negative state, thinking of worse case scenarios, and how life is unfair. We may adopt the "victim" persona of "why does this always happen to me?" We may even feel stuck, unable to move out of this state, and sink further into a sense of hopelessness for some time.

### Life's Challenges – Believe It Or Not - There Is a Positive to This?

I have some really positive news for you! I want to let you know that there is a plus to this – yes there is a gift in this – and furthermore there is a way to move forward - so let's explore these shall we!!

### First: Acknowledge How You Are Feeling

When faced with a challenge, the first thing to do is to stop and take stock of what you are truly feeling. Anthony Robbins states that "Disappointment is the devastating feeling of being "let down" or that you're going to miss out on something forever. Anything that makes you feel sad or defeated as a result of expecting more than you get is disappointing."

### Second: Acknowledge There Is a Message For You

The second thing to acknowledge is that there is a message that disappointment offers you. Anthony Robbins states that this message is "An expectation you have had – or a goal you were going for – is probably not going to happen!"

### Third: Acknowledge There are Solutions and Take Action!

The third thing is to acknowledge that there are solutions! So let's get ready to take some action steps to get you moving out of the disappointment and stuckness you may be feeling!

### Yto Antidotes To Disappointment – Nine Possible Solutions!

#### Solution One:

*Change your expectations* by acknowledging this has not worked out how you wanted to – let's just suspend the expectation for a moment!

#### Solution Two:

*It is time to set a new goal that is even more inspiring than the first one!*

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### Solution Three:

Remember this *may be a temporary challenge* – you may be judging too soon - God's delays are not God's denials.

### Solution Four:

*Re-evaluate what you truly want and create a powerful plan for achieving it.*

### Solution Five:

*Cultivate an attitude of positive expectancy about what will happen in the future, regardless of what has occurred in the past. Think: "the HOF" (hope, optimism, faith).*

### Solution Six:

*Welcome and embrace the challenge!* Imagine if you embraced challenges instead of ducked from them?

### Solution Seven

*Change your self-talk*– you are not faulty because you have challenges!

### Solution Eight:

*Choose to laugh!*

### Solution Nine:

*Look for the gifts and learning's* -ask yourself "what will I learn from overcoming this?"

Note: If this is a persistent challenge review how you are focusing or how you are communicating what you believe!

### What We Can Learn from Movies like "Forrest Gump" and "The Notebook"

Remember the movie "Forrest Gump" and particularly when Forrest says, "Life is like a box of chocolates – you never know which one you are going to get!" Well you may recall how despite the obstacles Forrest never gave up did he! Or, have you seen the truly romantic movie, "The Notebook." In both these movies, nothing stood in the way of the love between the characters – yet both had to deal with disappointments on their journey! If you haven't seen these movies, I recommend watching these as inspiration for how these wonderful characters overcame their obstacles and ended up with exactly what they had dreamed of!

### Polishing a Diamond

Challenges are built into life! Let's face it! No-one gets a perfect life and imagine how boring life would be if we did!" However, now you know what to do when life hands you a curved ball, or something hits you from left field? Go ahead and acknowledge the feeling of disappointment, then appreciate the message, that there is a gift in this! And finally employ some of the strategies outlined above to move you to a new state. If you combine this with hope, optimism, and faith anything is possible. It is said that it is the "adversity is the diamond dust that heaven polishes its jewels with" (Leighton) so see your challenges are miraculous gifts that are strengthening and polishing you – just like a diamond that is meant to sparkle and shine uniquely! So, keep going, keep your eye on the target! Before you know it, your goal may be right under your nose and at that very moment you were about to give up! I look forward to connecting soon and hearing about the best life you are creating! Can't wait to catch up soon!

Warmest Regards,

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