

'yto - one'

Newsletter – June 2007

"Mirror your partner's dreams – the relationship will grow"

Unknown

Hi All Our Valued Friends, Partners, and Clients

June 2007

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

Theme for June – creating outstanding relationships!!

Greetings from yto. I hope you've had a fabulous May – we know it has been the warmest May in Melbourne on record so we are celebrating! (of course we would love more rain though!) Talking of celebrating, I'm wondering how May was for you – and how you found yourself polishing yourself into the most original diamond that you are whilst you endured any trial, obstacle or challenge. I'm certain you've come out on the other side, more resilient, determined, and proud that you never took your eye off the target. So, that brings me on to June – and whilst your eyes are focused on the horizon of unlimited possibilities up ahead - the theme for June is around creating outstanding relationships with ourselves and others. I know that is something each one of us would love to perfect even more.

We Teach Others How to Treat Us

Have you ever heard the saying "We teach others how to treat us." Dr Phil McGraw in his book "Life Strategies" states this. When I first hear this statement, it had a profound impact – it still does to this day. So, let's explore this theme in the newsletter and then look at some empowering strategies so that we can all live with the most magnificent levels of love, respect, happiness, and dignity with ourselves and each other.

So, How Do We Teach Others How To Treat Us?

We teach others how to treat us in numerous ways; by our words, our actions, and even our silence.

There is Good News! The Four Steps To Taking Control!

The good news however is we do have more control than we may realize over how we are treated. So, how do we embrace this? Outlined below are Four Steps we can take immediately.

First Step: Acknowledge and Own What You Are Tolerating

Rather than complain about it – first we need to own it – and be honest with ourselves about what we are truly tolerating? Start with a list of what you are tolerating in your life right now in your relationships?

Second Step: Redefine or Renegotiate Your Relationship

Some ways of doing this are by:

- 1) Setting a limit
- 2) Making a request
- 3) Getting outside help
- 4) Leaving the situation/relationship
- 5) Changing your reaction
- 6) Rewarding only good behavior*

*Ensure that good behavior and kind communications work for the people around you, and that bad behavior and abusive behavior do not work!

Third Step: Accept That the Only Person We Can Truly Change is our self

Our thing we learn in life is that we cannot change others – the only person we can really change is our self. In that process however, is that miraculously once when we start treating ourselves better – others follow suit and act accordingly.

Fourth Step: Ask yourself the Question "What is Your Relationship with Yourself?"

If you are not treating yourself well then others will surely follow suit. As we noted earlier, it is up to us to teach others how we want to be treated. Here's a question for you to ponder now: *How are you treating yourself?*
How is your relationship with yourself?

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Some Strategies To Teach Others To Treat You Like Royalty

Here are six strategies that you can engage in to get you started to teaching others how you want to be treated. Remember, change you, change your life. Keep focusing on your relationships with yourself.

Strategy One: Become Your Own Biggest Fan

Your most important conversation is with yourself. Start listening to your inner dialogue and ensure that the messages you are sending your subconscious are positive ones. You might wish to start making some positive affirmations, writing them, and reading them aloud every day.

"I believe in myself unconditionally. Others believe in me too."

Strategy Two: Eliminate Any Negative Influences in Your Life

You may need to let go of certain beliefs that are not helping your life and also certain people/situations that are toxic. It does not mean you have to end these relationships; however, you do not have to defend or justify yourself any longer – it may mean you only engage in certain conversations with these people.

Strategy Three: Let Go Of Things That Are Outside Your Control

Embrace the Serenity Prayer: "God please give me the strength to change the things that I can change; the serenity to accept the things that I cannot change; and the wisdom to know it's me." The truly wise do not solve a problem by attempting to change someone else, or blaming someone else. They understand that the one person they have the power to change is themselves.

Strategy Four: Trust In Yourself and Keep Making Decisions that Empower You

If you live by the creed "There are no right or wrong decisions" – and as long as you consciously make decisions, these decisions will be right for you!

Strategy Five: Do What You Love – Be Kind To Yourself

Start by learning to give back to yourself – do things that make you happy – and bring a smile to your face!

Strategy Six: Forgive Yourself and Forgive Others

This is my favorite one! One of the most powerful experiences I believe to make the changes can be by going within and doing "forgiveness/releasing" exercises. By learning to forgive ourselves and also others, we remove the debris from ourselves and our relationships, and reconnect again newly with people in our lives in ways that nurture, serve, support and challenge us. There are some wonderful coaching techniques for doing this. I'd love to share these with you (so just let me know by email) and we can explore during a Session!

Now Watch The Transformation Happen Right Before Your Eyes

Remember like attracts like and we are all mirrors. So, simply to change our relationships with others - we need to first change our relationship with ourselves. So my quest for you for the month of June is to notice now what starts showing up in your life as you are changing your relationship with yourself. Please let me know how you go with embracing the strategies we have explored in this newsletter! Imagine each day from here forward - how fantastic you will feel as you now get the love and respect you so richly deserve and your relationships improve in every area of your life. I look forward to connecting soon and hearing about the best life and most magical relationships you are creating! Can't wait to catch up soon!

Warmest Regards,

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