

'yto - one'

Newsletter – July 2007

Your vision will become clear only when you look into your own heart

Carl Jung

Hi All Our Valued Friends, Partners, and Clients

July 2007

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

Theme for July – creating goals that are inspiring and right for you!

Welcome to July! I'm kind of curious how June progressed for you in terms of improving your relationship with yourself and noticing what ripple-effects that had on the other relationships in your life. So, now that you are honoring yourself more, and your relationships are improving, I'm certain you are finding a lot of energy has now been freed up. With this new burst of energy, it would be a fantastic time to start finding out about what it is that *you truly want*. So, July our theme is on "creating goals that are inspiring and *right for you*." Let's get started, shall we?

Are You Living Someone Else's' Version of Your Life

The reason why it is hard for people to decide on what they *really really want* is that they are sometimes living someone else's version of their lives. Sometimes people make decisions on goals because it is what they think they *should* do rather than what feels right for them! So, how do you know when something is right for you? When we discover this, we are really waking up to our true selves.

"Man is a goal-seeking animal. His life only has meaning if he is reaching out and striving for his goals."

Aristotle

Knowing If Something is right for YOU?

Keywords: Energy – Excitement – Aliveness

When something is right for you it will give you *energy*, you will get *excited*, feel *alive* and be *motivated*. In a nutshell you are living true to yourself.

"A goal is right for you when it scares you a little and excites you a lot."

Dr Joe Vitale (the metaphysician "Dr Fire" from The Secret)

Knowing if something is wrong for YOU?

Keywords: Confusion – Resentment – Resistance

When you do something that doesn't feel right for you, you may feel *confused*, *resentful*, *resistant*, and *unmotivated*. In a nutshell you are living someone else's version of your life.

The Danger of Becoming Too Realistic – Aiming Too Low

From time to time you may benefit from assessing if you are living too realistically and consequently lowering your expectations! If you are you will tend to feel uninspired, unmotivated, and possibly even depressed. So, don't let your imagination be hemmed in by the crowd. The unconscious is the navigator of your reality and if you are living with uninspired goals – they are the results you will get.

The Freedom of Daring to Dream – Aiming High

For reasons mentioned above, it is vital to set inspirational goals that you feel are audacious or perhaps way beyond your reach, and that really get your juices going. When you think about these bigger goals, you will get excited just imaging what it would feel like reaching them and what your life would be like having accomplished them.

What Fuels Your Goals? - Passion

Your goals must arouse your passion. This must be a consuming passion, not some whim or 'someday I'd like to' feeling. You must desire passionately to achieve what you set as a goal. It must drive you to action and you must feel fulfilled in that action because you know that it is leading to the fulfillment of your goal.

Karen Vella - Performance Consultant and Life Coach

address: PO Box 185 Essendon Vic, Australia, 3040tel/fax: +61 3 9318 3711 mob: 0419 57 00 11

website: www.youretheone.com.au email: karen@youretheone.com.au

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Lessons From The Maasai Tribe of East Africa

The Maasai are a traditional herding people who have no electricity or running water and live in huts made of dung in East Africa. Yet, research suggests that the Maasai are *almost equally satisfied with life* as some of the 400 richest people in the world.

Lesson 1:

Money does not necessarily buy happiness

Money, power, fame or status should not be treated as the goal, rather as resources towards more meaning and purpose. Perhaps the goal will be more freedom, control and health in your life.

Lesson 2:

Impressing others with wealth and status does not necessarily buy happiness

People who are truly successful are not concerned with impressing others with wealth and status. Instead, they look at their values and live a rich and rewarding life created through healthy relationships, personal integrity, and discovery.

Lesson 3:

Shopping for consumer items or watching television does not necessarily buy happiness

The most incredibly rewarding (and least expensive) experiences can involve spending quality time with family, friends and the community. Television and shopping are not keys to happiness. Being open to new adventures and being honest with yourself and makes life more exciting and fulfilling.

Lesson 4:

Work does not have to be unfulfilling or all about the salary

Learning something new everyday, and connecting with different groups and networks, are the keys to people who are the happiest in the jobs and remained truly engaged. Discover your passions and build on them, seek information, and start learning new things are the keys to what leads to true meaning and purpose in ones' career.

The Moral of the Story – After Your Basic Needs Are Met Money Doesn't Buy Much More Happiness

In summary, being clear on your life goals leads to a much more satisfying life. After your basic needs are met, money doesn't buy much more happiness. Our relationships with others provide some of our greatest values and inspiration. Connecting with your work and continuously seeking value adding information makes life much more satisfying.

Now Watch Yourself Being Energized Each Day As You Pursue Your Goals That Are Right for You

As we have discovered so far, if you want to make a dream come true, the first thing to do is wake up to what it is that makes you feel alive: the key to "creating your future in advance." Next, commit your goal to paper in the form of a positive affirmation, in the present tense (I am, I have, etc). Read your inspirational goal daily, then close your eyes and visualize your dream coming true. If it is a new house, see yourself walking through the house, and spending quality time with loved ones there, Imagine how that feels. Then have faith that it will manifest as your subconscious mind will look for ways to make that goal a reality. I'm sure you will be bouncing out of bed each morning and your passion will steer you over any speed bumps that appear on your path – because your goal is one that truly ignites the real you and your purpose. I look forward to connecting soon so that you can share your inspiring, exciting, audacious goals you are creating!

Warmest Regards,

Karen Vella

yto Performance Consultant, Life Coach

yto Owner and Founder

Karen Vella - Performance Consultant and Life Coach

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website: www.youretheone.com.au email: karen@youretheone.com.au