

# 'yto - one'

## Newsletter – December 2007

"may you seek to learn, may you learn to live, may you live to love, and may you love-always"  
Unknown

Hi All Our Valued Friends, Partners, and Clients

December 2007

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

### Theme for December – Reflecting on the Learning's of the Year Past

Welcome to December! Can you believe it, we are only just over three weeks away from Christmas, how magical. I'm so proud of all the efforts you have put in to create new empowering beliefs in your life and all your hard work you put into that in November! That's fabulous. This brings me to probably the most special time of the year for many of us – the Festive Season and what better way than to approach this wonderful time of year than to reflect on the events of 2007, and what we have learned from our journey this year to Now!

### Your Unique Experiences in 2007

Sometimes, when we look at our lives in reflective mode, we may have a tendency when remembering experiences over the past year and label them as either "good/successful" or "bad/unsuccessful." However, by categorizing things in this way – we can tend to lose sight of the important messages and learning's we have gained from our experiences.

### The LLLG Principle

The Good News is this...there is a new way of looking back over any experience which will give you startling insights and pave the way forward for greater wisdom as you move forward (especially as we are towards a New Year). I like to call this the LLLG Principle which stands for: *live, learn, love and grow*. Are you ready to do some "dreaming" for the next 15minutes....

### An Exercise In Gaining Insight Into the Past Year

1. Let's start by getting yourself in a relaxed state where you are free from any distractions, and disturbances, and spend some time preferably with your eyes closed, and lying down.
2. Start thinking about the past year – go back to New Year's Eve last year and then let your mind run through the events of the year – just allow whatever comes up from the Subconscious. Do this for about 5minutes.
3. Now with your eyes closed again, go back to these freshly recalled memories and ask yourself the following key 4 questions (you may wish to read the **prompters below** for some keys to the true meaning of the words :

*How Have I Lived in 2007?  
What have I Learned in 2007?  
How Have I Loved in 2007?  
How have I Grown 2007?*

4. Now open your eyes and record the key words that came up for you/your insights/your realizations in the space provided below.

### How Have I Lived This Past Year?

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**Prompter:** To be alive; exist/To continue to be alive: *lived through a bad accident*./To support oneself; subsist: *living on rice and fish; lives on a small inheritance*/To reside; dwell: *lives on a farm*/To conduct one's life in a particular manner: *lived frugally*/To pursue a positive, satisfying existence; enjoy life: *those who truly live*/To remain in human memory: *an event that lives on in our mind*/To spend or pass (one's life)/To go through; experience: *lived a nightmare*/To practice in one's life: *live one's belief*.

### What Have I Learned This Past Year?

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**Prompter:** To gain knowledge, comprehension, or mastery of through experience or study/To fix in the mind or memory; memorize: *learned the speech in a few hours*/To acquire experience of or an ability or a skill in: *learn tolerance; learned how to whistle*/To become aware: *learned that it was best not to argue*/To become informed of; find out/ See synonyms at discover/To cause to acquire knowledge; teach/  
To gain knowledge, information, comprehension, or skill: *learns quickly; learned about computers; learned of the job through friends*

### How Have I Loved This Past Year?

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**Prompter:** To have a deep, tender, ineffable feeling of affection and solicitude toward (a person): *We love our parents. I love my friends*/To have a feeling of intense desire and attraction toward (a person)/To have an intense emotional attachment to: *loves his house*/To embrace or caress/To like or desire enthusiastically: *loves swimming*/ Theology. To have charity for/To thrive on; need: *The cactus loves hot, dry air.*

### How Have I Grown This Past Year?

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**Prompter:** To increase in size by a natural process/To expand; gain: *The business grew under new owners*/To increase in amount or degree; intensify: *The suspense grew*/To develop and reach maturity/To be capable of growth; thrive: *a plant that grows in shade*/To become attached by or as if by the process of growth: *tree trunks that had grown together*/To come into existence from a source; spring up: *love that grew from friendship*/To come to be by a gradual process or by degrees; become: *grow angry; grow closer*/To cause to grow; raise: *grow tulips*/To allow (something) to develop or increase by a natural process: *grow a beard.*

### Now You Have A new Way Of Seeing All Experiences!!

Congratulations! Now that you have reflected on how you have lived, learned, loved and grown, you will have gained some more insight into some of your amazing strengths you have developed over the year and you will begin to see the past year in a different light with the new learning's and you will be equipped to take these learning's throughout your life with you and into the New Year. That is true wisdom! Outstanding!

### Merry Christmas and This Month's Dedication to A Beautiful Life

I would love to take this opportunity to thank you all for being part of my journey in 2007 as I truly love writing these Newsletters and connecting with you all. Before, I do sign off, though I would like to dedicate a small part of this Newsletter to a very inspirational 60-something-ish lady I met this past week. This wonderful English lady, had been living in Adelaide, and married for 44years – however she had nursed her very ill husband for the last 5years of his life. When he died earlier this year, she was grief-stricken. However, she decided to totally change her life. She sold up the home in Adelaide, moved to Melbourne closer to her children, and took on a project of a total renovation of a new property she bought. Even though she had moments of extreme grief her year was one where she had *lived, learned, loved and grown* in so many ways. She had commented to me that her life over the past 5 years and become very small, and narrow, where she mainly focused on hospital appointments, etc. However, this year, she had learned how to open up her life again to new experiences, and guess what – even though she has her moments of grief still, she has found a gift in her husband's passing. So, as I leave you to reflect on your life this year, I wish and your loved ones a Safe and Merry Christmas and May God Bless and I look Forward to Connecting Again for the New Year! It is going to be the best year yet – I can feel it!

Warmest Regards,  
Karen Vella

**yto Performance Consultant, Life Coach**  
**yto Owner and Founder**

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