

'yto - one'

Newsletter – January 2008

"let us not drink to the past but to the future"

Anonymous

Hi All Our Valued Friends, Partners, and Clients

January 2008

Welcome to our first edition of 2008 of 'yto - one'.

Thanks for Being In My World and Life

Thanks to each and every one of you who has assisted me to create yto. This year has been a year of transformation and laying the foundations for an exciting 2008. At the end of March 2007 I qualified with my Certificate IV in Life Coaching with The Coaching Institute. Thank you to all the mentors, colleagues and friends who assisted me in my journey along the way. Thank you to my family and friends for their kindness along the way in helping me to believe in myself and to know that I had what it takes to be an authentic and CANI coach (constant and never ending improvement). Thank you to my clients – each moment spent coaching you was a gift for me in which I truly grew as a person. Thank you from the bottom of my heart for allowing me a glimpse into your worlds. I also transformed my surroundings in 2008 by moving into my "house of white" – and for transforming my environment by letting go of the past in many ways. That shredding machine really came in handy!! It was a year also where I spent time working on some workshops for 2008 so it really has been a year of working steadily in the background, ready to launch into 2008 in a new and exciting way.

Theme for January – your Dynamic New Way for 2008!

The number 8 is said to be lucky in Chinese culture – standing for wealth and success. We stand before the New Year – the entrance to a Lucky Year – and also we will have a wonderful date – 8/8/08 this year – so we have a momentum that will push us forward on to our goals.

Wiping the Slate Clean from 2007

Looking back over the past newsletters of 2007, we have been step by step decluttering our lives. You may want to go back over the year's newsletters – so that you are fresh and clear for the New Year. You are in a sense pausing and noticing what you would do differently for 2008 as you look back on 2007 so that you approach the New Year with more wisdom and insight into how you can create an even more outstanding year.

"...stop freewheeling, get into gear and do something with your life. Do it fearlessly, always expecting the very best is not as simple as eliminating something superfluous from our lives or breaking a habit. But it is good to drop some of the baggage from the old year."

Eileen Caddy

The Year That Will Be

As we stand on the threshold to the New Year – with all its promise of a fresh new start, it is the perfect time to ask ourselves what it is that we truly want from the year. A metaphor I like to us is that you are presently standing on the shore looking out at the horizon at a new future unclouded by past tolerations and with a vision for a future where anything is possible! If you can, seek out a mantra that will apply to your year and have it laminated and place it somewhere you will see every day. For example:

"I open myself to change whilst honoring my values"

Dream First and Then Set Your Goals

The reason so many people don't stick to their New Year's Resolutions is because they are not excited about their goals. One way to ensure you stay motivated is to choose goals that truly excite you. So, notice right now as you are reading these words, that some of your goals that you have had for longer than a year, are starting to lose their energy and excitement factor – so it is ok to let these go and start fresh. You may want to write a list of goals that you want to achieve from 2008, so take some time out now to do that. Now we are ready to start creating a technique that will assist you to create these goals, seen below!

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Exercise 1: Start Dreaming!!

Close your eyes and think of your New Year spend some time dreaming about what your ideal Year would be. Allow your imagination to go overboard. Close your eyes and imagine your ideal day, your ideal month, your ideal year – see, feel, smell, taste, hear, and notice what you tell yourself as you go about your ideal moments for 2008. See yourself walking through a door with the words 2008 and notice what is different about you, about your surroundings, about your world, for 2008! What has gone, what has shown up. What's different about you! Notice success everywhere.

Exercise 2: Write Down What is Calling You

So now take a moment and jot down what it is that happened – or you may wish to record it into a tape recorder. What is it that inspired you and was your calling?

Exercise 3: Give Your New Year a Theme

So now take a moment and write down if your life in 2008 was a movie what would it be called. It may be something like –Romeo and Juliet or Atonement or The Note Book?

Exercise 4: Give 2008 a Movie Soundtrack

Imagine what music would be playing in the background that sums up your year. Perhaps it is – It's My Life (by BonJovi) or The Prayer (by Andrea Boccelli etc).

Exercise 5: Anchor Yourself For Success

Close your eyes and now imagine yourself in a movie cinema, and you are in the audience and in front of you as you watch the curtains slide open there is your name up in lights. And as you watch the movie, see yourself living your absolute ideal, dream life in 2008. Hear the music playing in the background, see the theme of the movie coming up at the start, you may even see subtitles come up as different scenes play. Now really intensify the scenes and see yourself experiencing ultimate success and happiness, the most powerful emotions you could ever imagine and as you do, let's touch somewhere on your body where you will create what we call an anchor! Some people may just create a "lucky sign" with their hands by placing their second finger over their index finger, or click their fingers. So go ahead, and fire your anchor as you are feeling the success at its most success!

Bravo – You Now Have Created A Success Anchor for 2008

Congratulations! What you have done is create a Success Anchor for 2008 – each time you place your fingers in the "lucky position" notice that you are now programmed for instant success and you will start remembering all the ways of being that you know will bring you true happiness and success. You can use this anchoring technique to create instant feelings of success and happiness whenever you want, and no-one need know that is what you are doing. Another thing that someone I know does, is wear an elastic band around their wrist at the beginning of the New Year, and any time he feels negative, he pulls out the elastic band and lets it snap back on to his wrist as a reminder to change his thinking. It takes 21 days to change a habit so if you start off your New Year with your elastic band you are bound to create change and momentum from the start. I want to congratulate you on the fantastic efforts you are making in your journey and truly look forward to the most exciting and amazing year! I can't wait to connect with you again soon. Happy New Year!!!!

"...drop the last year into the silent limbo of the past."

Brooks Atkinson

Warmest Regards,

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