

'yto - one'

Newsletter – May 2008

"Prepare yourself for the world, as the athletes used to do for their exercise; oil your mind and your manners, to give them the necessary suppleness and flexibility; strength alone will not do."

Lord Chesterfield

Hi All Our Valued Friends, Partners, and Clients

May 2008

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

Theme for May – Having Behavioral Flexibility

Welcome to May 2008. So, here we are – after a month of using your imagination – I can only begin to imagine the exciting possibilities that you have created over this past month. Well done! The power of the imagination is going to be one of your most useful tools (just like a magic wand) in your transformation of creating the life you have always dreamed of. Now, to bring us into May, I would like to expand on the theme of achieving your dreams by introducing one of my favorite sayings from Neuro Linguistic Programming – The Law of Requisite Variety - "The Person with The Most Behavioral Flexibility Controls the System." This is very exciting information and I am sure you are going to love this and the extra choices you will be creating in your life!

The Definition of Insanity

Albert Einstein said: "Insanity is doing the same thing over and over again, expecting different results." So, take a moment right here, right now, to think about an area of your life where you keep "doing insanity." That is, repeating the same behavior and expecting different results. Would you like to know a way to turn this around?

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Albert Einstein

The Law of Requisite Variety

The answer to achieving your outcome lies in one of the NLP Presuppositions – the Law of Requisite Variety, which is: "the system/person with the most behavioral flexibility controls the system." The law forming one of the basic principles of hypnosis stipulates that **the individual with the highest amount of flexibility of behavior will have the most influence on the system. That basically means that the more choices you have, the more freedom you will feel, and the better quality of life you can have.**

The Bamboo Tree

I'd like to take a moment to tell you a little story if I may...once upon a time....well it was actually last year I moved into my new home, which I love, and in the backyard I inherited three bamboo trees. They trees are truly flourishing – no matter what the weather – 40degree summer days, lack of water, torrential rains, and howling winds – these bamboo trees look healthier than ever. In fact, they flourish under any condition. Recently whilst pondering over their magnificence, I wondered and believe I discovered the secret to their success! It lies in their flexibility. You see, anytime they are confronted with any condition they simply bend. Imagine what we can learn from their strength, tenacity, endurance, compromise and of course their flexibility!

Our Lessons

We can learn that just like the bamboo, the more flexibility we have the easier it is to cope with a dynamic situation that is subject to change so that we can successfully adapt, achieve and survive. A person with more internal flexibility can also cope better with external changes and we can bend (just like the bamboo) to adjust to getting the results we want.

Where In Your Life are you repeating 'Insanity'

The first thing I would like to ask you is to think about an area of your life where you are continually being disappointed? It may feel like you are hitting your head against a brick wall. It may be in the context of relationships, it may be with health, it may be with finance/career, just allow whatever one comes to mind first. You know the one! Each time you are in this situation you just can't seem to get what you truly want.

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Well I have great news for you – you are going to be working on changing this area as your project this month. And I can assure you, you are also going to get a different outcome.

The Solution – Just Do Something Different!

If what you are doing isn't working, try anything else, simply because anything else has a better chance of getting you the result you want. Some people may find this not so easy to do. However, it is truly simple and also can be a lot of fun. What you need to do is firstly relax and realize that the world is one big laboratory, where you get to experiment all the time and all you are doing is experimenting. With that in mind, it is easy to stop yourself from doing the same thing over and over again and just going out on a limb and try something else. You will have a laugh, because it feels great, and you are also increasing your flexibility.

Suggested Exercises for the Next 30 Days: Designed to Increase Your Behavioral Flexibility

For the next 30days, start doing something different each day. This can be absolutely anything – as long as you do something different each day. For instance, if you are used to driving to work the same way, try a different route, if you are always studying, find some time to do absolutely nothing, if you like to text message rather than telephone, simply pick up the phone. And keep a journal of what you are noticing!

For the next 30days, pick a specific situation that you have not had success in the past and decide to do something differently this month. You may want to keep a diary, and just note in it what you are doing differently. Perhaps it is in the area of relationships, and you find you want to try a different way to connect with a particular person, go ahead, and try something different, just experiment, you have nothing to lose and a lot to gain, because the way you have been connecting in the past hasn't been getting you the results you wanted!

For the next 30days, start a journal on how you can start living outside the lines. Take a coloring book and start coloring outside the lines for 10minutes. Notice how you feel. Do you feel invigorated or irritated, frustrated at not having the control demanded by staying inside the lines, or even a rebellious attitude. You can use this tool for reflecting daily, and journaling on the metaphor of what it would be like to start living outside the lines. Notice how you feel and write it down. This exercise will help you discover if you have been staying within the confines of life, and if you are ready to let loose, and give yourself permission to break free of the restraints of "living within the lines."

The Law of Requisite Variety – The Person with the Most Behavioral Flexibility Controls the Situation

Wow – I am so proud of you! You have taken a huge step forward in your experiment to become behaviorally flexible. I look forward to hearing the results and in particular in the specific area of life where you have met with past disappointments repeatedly. I am sure that on some level, you are tired of staying with the status quo in this area, even though you may have felt safe, you know that you have been severely limiting your life. The metaphor of the 'coloring book' is a great metaphor for the confines of your life you have been living with up until now. Although the confines of structure, security and stability have kept chaos in check, these same walls may have also restricted spontaneity, creativity and intimacy. So, I once again acknowledge you to take up this challenge of your project to transform your life. This takes a lot of courage, and it is normal when we are stepping into the unknown to have feelings of uncertainty and vulnerability. However, if you embrace for the next 30days, when you feel you aren't getting anywhere to do something different, do anything different, and see what happens...I assure you, you may just get what you want.....the one thing in your heart of hearts that you have always dreamed and yearned for.....just by the simple act of doing something different! I can't wait to connect again very soon.

Warmest Regards,
Karen Vella

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