

You're The One Newsletter

BEING A FORCE FOR GOOD

Issue 5 Vol 8: August 2010

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Dear Karen,

What's New With Karen

Welcome to August 2010! In July I was inspired by people making a difference for good in our world! It got me noticing the opposite spectrum in the world and how many times the finger of blame is pointed at someone with unfair consequences! In the world of sport, of politics, in our communities, in our workplaces, in our families, in our homes, in our schools there seems to be a prevalence of blame - so I pondered: "What's the cure to the "blame game." Aha I thought! It's time for an intervention! So, with that said, this newsletter is dedicated to inspirational leader on the world stage, Sir Richard Branson, as an example of a person who lives by a "no blame" policy, who lives by "focussing on solutions" and who brings the "fun" into life & work! Let's learn from him to look for a solution rather than to find someone/something to blame - allowing us to improve things along the way - and see the silver lining in all situations! So soar the skies this August launching off the tarmac, with your "branson-esque" attitude and look for the exciting possibilities - you just might discover that pot of gold within you! Warmest Regards Karen

Mojo Tip: The No-Blame Zone!



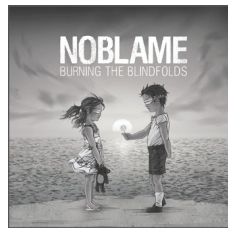
The eight tip on your path to your empowered Mojo mindset is to embrace the "no-blame" mantra and live by the "solutions-focussed" model. As you move forward on your Mojo path you will find that you may be challenged by life from time to time. However, YOU can turn these challenges, into opportunities beyond your wildest dreams. A person with Mojo takes responsibility, accountability, and fixes any challenge, by focussing on the solutions, the positives and the potentials and has a no-blame approach. If you want to lift the morale, motivation and Mojo of yourself and any group of people, you can demonstrate the powerful leadership skills of openness, honesty, and accountability. One of the best ways of doing this is whenever there is a challenge, to look at it from a new perspective of looking for the positives and potentials by asking the right questions - questions which focus on the solution and not the problem. Truly Great Leaders are ones who do not have blame cultures! Think of Sir Richard Branson. A famous incident is, once Sir

Richard received a letter from an unhappy British customer about the food on his plane, and Richard Branson laughed his head off (as Virgin had just won an Award for the fabulous food on their planes), apparently rang the customer, and even offered him a job! No blame, just a solution, with a smile on his face at the same time! Richard Branson is constantly asking "solution focused" questions that clarify his thinking and help him overcome the challenges that confront him on a daily basis and he is laughing all the way to the bank, and to his Island Home!

"Inspire people to think like entrepreneurs, and whatever you do, treat them like adults. The hardest taskmaster of all is a person's own conscience, so the more responsibility you give people, the better they will work for you. One thing is certain in business. You and everyone around you will make mistakes. When you are pushing the boundaries this is inevitable-and it's important to realize this. Even when things are running well, there is always the prospect of a new reality around the corner. Suddenly, all the good decisions you made last week are doing you untold damage. Failure usually occurs when leaders avoid the reality of business. You have to trust the people around you to learn from their mistakes. Blame and recriminations are pointless. There are many ways to run a successful company. What works once may never work again. What everyone tells you never to do may just work, once. There are no rules. You don't learn to walk by following rules. You learn by doing, and by falling over, and it's because you fall over that you learn to save yourself from falling over. It's the greatest thrill in the world and it runs away screaming at the first sight of bullet points."

Richard Branson

Life Coach Tool: Ask 'What' & 'How' (Not 'Why')!



Imagine you worked for Richard Branson, and you made a mistake. Can you imagine Sir Richard pointing the finger of blame at you and asking "why did you do that?" or are could you imagine him smiling cheekily asking "how do you think we can improve this and what can we do to make this even better than before?" I say this to demonstrate the power of the two types of questions that are on the opposite ends of the questions spectrum. Generally, "Why" questions tend to weaken you, whilst "How" and "what" questions will strengthen you. This is important to understand because: where you decide to plant your thoughts along this spectrum, will essentially determine what you will have, accomplish, experience, feel, and how you will live out the remainder of your life. Let's start this month, with learning to shift the focus off blame by removing the 'why' questions, and replacing them with 'what' and 'how' questions, so that we can focus on the solutions, and opportunities in our lives.

Exercise One: Remove the Why Questions

"Why" questions *weaken* our ability to think effectively, close off our perspective of opportunities, and assist us to feel inadequate. An example: Think of a current problem and ask yourself:

- "why does this always happen to me."
- "why should I even try."

Notice the consequences of indulging in why questions: make us feel sorry for ourselves, seek sympathy from others, feeling hopeless, bring unending sorrow, and misery, that locks mind in state of chaos with little structure and form.

Under no circumstances should you partake in the habit of asking useless WHY questions that will paralyse your motivations and break your spirit! They will wrap you up in cycle of excuses, blame, problems and keep you focussed on things you do not want in your life (which are labelled as problems), which over the long term can lead to anger/depression. They will also cause you to doubt your ability, intelligence, creativity, skills, and will keep you powerless to follow your dreams.

Exercise Two: Ask the How/What Questions

"How" & "What" questions *strengthen* our resolve, willpower, persistence, opening up a myriad of new opportunities and avenues for growth and learning. An example: Think of a current problem and ask yourself:

- "what is great about this problem"
- "how can I turn this around"

Notice the consequences of indulging in how/what questions: will help you to overcome any obstacle/challenge that confronts you, bring forth a psychological perspective that will breakdown barriers standing between you and your objectives, and will expand your thinking, awareness & strength of character.

Start asking HOW and WHAT questions that will assist you to overcome the obstacles and challenges in your life, will naturally focus your mind on 'problem solving' strategies, help expand possibilities, find solutions to challenges, focus on goals, and objectives, expand creativity, and think outside the square, help improve proactive action. They will help direct your mind on what you want in your life. They will expand your thinking by focussing on outcomes/results you would like to bring forth into your life, triggering positive emotions in mind/body & increased motivation. They will assist you by asking how you will feel once you have done the task, and finding enjoyment along the journey. They will not tend to trigger the excuses/blame/doubt that why questions bring forth into psyche, and will naturally bring forward a sense of responsibility/accountability for your actions and decisions. They will help transform limiting habits, with powerful questions focussing on solutions/possibilities, leading to increased confidence. They will open doors to new insights, ideas and understanding that will bring forth new opportunities previously inaccessible, based on new perspective.

So, any time this month you find yourself falling into the trap of blaming or mentioning that life is unfair - stop and write down on a piece of paper the benefits & harm you are causing yourself because of your mindset. I am certain you will find out something to improve/a problem to fix. No need to blame yourself or others for the challenges that you can fix - whatever it is , just find a solution! You will soon be moving on to bigger & better things! Well done!

Be Inspired Article: 10 Questions with Gary Lord!



Who Is The Real Gary?

Hi my name is Gary Lord. I live on the glorious Sunshine Coast in Queensland, as I love the beach and to body surf. I'm 61 years young and was born in Richmond Vic. I believe my best and most effective years are still to come. I live a healthy, blessed and happy life with my wife Val and have good friends. We have five children and five grandchildren. We have devoted our lives to helping others, that's why we are happy and fulfilled. I believe what makes a person truly wise is realizing that you came into this world with nothing and you'll leave with nothing. Outside of God's purposes for our life and the hope of an eternal life in Heaven, this life makes no sense. In the book of Ecclesiastes in the Bible, King Solomon says "All is vanity, a chasing after the wind." In other words, why make deposits into an account you'll never withdraw from, "For what shall it profit a man if he gain the whole world and forfeit his soul?"

Which five words best describe you?

Diligent, Creative, Resourceful, Faithful, Godly. (Oh, did I mention humility?)

What was your first job and what path have you taken since then?

Apprentice Signwriter (Started on \$8 a week, yes \$8) Many, many paths, including farming, furniture manufacturer, artist, Christian Counseling and Ministering.

What's your proudest achievement?

My marriage, my children and our ministry.

What's been your best decision?

Becoming a Christian and marrying Val (She made me say that)

Who inspires you?

Jesus and His life, no one else comes close.

What are you passionate about?

Serving God and seeing peoples lives transformed. My Grandchildren, they're like having a new lease of life. My art, as I love to create.

What's the best lesson you've learnt?

God is smarter than me. Don't light fires with petrol! Be kind to your wife, or at least try your best, as your only as happy as your wife.

Which person, living or dead, would you most like to meet?

Adam and King David.

What dream do you still want to fulfill?

To minister on a larger scale, to see many more people set free, healed and made whole. To travel more and become a famous artist (In my dreams!) long way to go... (glordart.blogspot.com)

What are you reading?

I started reading 'Unlocking Heaven, Keys to living naturally supernatural' by Kevin Demon, but my wife is now reading it.

Daily Hint: Who Do Half of Australians Want As Their Boss?

Thank you! Here's something interesting to ponder this month.....did you know that a recent survey showed that ALMOST half of Australis's workforce want to work for a bearded

adventurer from the UK. Virgin, Boss, Richard Branson was the No 1 preferred Boss by a long way when employees were asked who they wanted to work for! How's that for a man who is a true definition of a leader. I'm glad to hear you loved the Newsletter's new format. I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I am sure our interview with the prophetic Gary Lord, whom I met up with on the Sunshine Coast in June -along with his wonderful wife, Val... will inspire you as a life of purpose "devoted to helping others" and I believe Gary & Val are amazing role models also of outstanding leaders! Thanks Gary (and Val)!

"All blame is a waste of time. No matter how much fault you find with another, and regardless of how much you blame him, it will not change you. The only thing blame does is to keep the focus off you when you are looking for external reasons to explain your unhappiness or frustration. You may succeed in making another feel guilty about something by blaming him, but you won't succeed in changing whatever it is about you that is making you unhappy."

Wayne Dyer

If you can keep your wits about you while all others are losing theirs, and blaming you...the world will be yours and everything in it, what's more, you'll be a man, my son."

Rudyard Kipling

Sincerely,

Karen Vella

yto owner & founder, performance consultant & life coach (cert iv)
yto nlp practitioner (nlp, Time@Line Therapy, Hypnosis, Coaching
[M:0419 570011](tel:0419570011) | [B 03-9318 3711](tel:0393183711) | karen@youretheone.com.au | www.youretheone.com.au

Free Mini Ebook

As a special offer for the month of August, any one who shares my newsletter with friends, family & associates who decide to subscribe to my newsletter on a regular basis, will receive a free mini E-book on "The 4 Step Question Process to Remove Any Obstacle!" for themselves and also their referral as a gesture of thank you! So please be sure to pass on this newsletter to all your contacts. You never know who may benefit? (Just ask them to mention your name when subscribing to the newsletter thanks). Note: forward email block at end of this newsletter on bottom left hand corner.

Offer Expires: 31st August 2010

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