

You're The One Newsletter

LIVE LIFE - NO OPPORTUNITY WASTED!!

Issue 5 Vol 9: September 2010

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Dear Karen,

What's New With Karen

Welcome to September 2010! August was a time where I was reminded of how important it is to be there for our loved ones, and not take them (or our lives) for granted! Father's Day is here Sept 5th so this newsletter is dedicated to my inspirational Father (featured as my Guest) for *always* being there for myself and my siblings unconditionally. Plus Spring has arrived! The perfect time to decide there is no time to waste, to let go of the mundane or jaded, and to embrace a richer and fuller life. This is where I invite you to pick up the book "N.O.W" by Phil Keoghan (you may know him from his series, the Amazing Race and No Opportunity Wasted). Phil, after a near death experience at age 19, immediately started writing out a list of things he wanted to do before he died. From that list, the NOW (No Opportunity Wasted) Lifestyle was born. So, with Phil's 8 themes that I'll be sharing with YOU in this newsletter, I invite YOU to take this as a call to action and create your own personalized "list for life." Follow your dreams!

Warmest Regards Karen

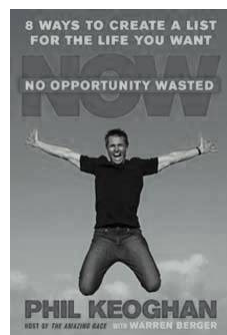
Mojo Tip: Live Like You Are Truly Truly Alive!



The ninth step on your path to your life-changing Mojo mindset is to live a no-opportunity-wasted lifestyle. I'm sure you will agree that you may have been going through the motions day in and day out, feeling like you are just repeating the same things over and over again. This can lead to a malaise - a condition called -loss of Mojo! The exciting news is there is a cure - a prescription - if you like - to steal back your Mojo! The first thing to do is decide right now to start living each day to the max and making each day count. One such person, inspiring thousands around the world, with his N.O.W philosophy, is Phil Keoghan. Phil's philosophy is based on the notion

that each of us must follow our many and varied dreams in order to lead a fuller, richer life. But first, we must figure out what those dreams are and write them down on a list (your own List For Life). Phil has discovered eight "universal themes" that are deeply important to all, and inspires us to try something new and life-changing. These eight themes will have you reaching deep inside yourself, to try to locate something in there - buried fear, a neglected spirit of adventure, untapped resolve, and resourcefulness, inner faith in yourself, childlike enthusiasm and finally personal creativity. What is perhaps even more inspiring is that you will find ways for your experiences to positively affect and impact others in amazing ways. Your list will be unique, just for you, and not like anyone else. And the great news is you can live a N.O.W. life without spending lots of money as imagination will be your currency when it comes to acquiring great experiences. Welcome to the world of becoming a "N.O.W. dreamer" - new, uncharted & exciting possibilities ahead!

Life Coach Tool: Create Your 'N.O.W.' List for Life!



Ok! Let's get started on your own List for Life. Before YOU do this, there is a small ritual YOU need to engage in. This is creating your excuses list. Did you know that excuses are the single great determining factor that keeps people from ever getting started on the NOW lifestyle. So the first thing to do is to write down the list of excuses you normally tell yourself to get you started truly living. Once you have your list, you can stomp on it, tear it up, or burn it. Phil Keoghan says the 10 main excuses are: ***"I don't have the money" "I don't have the time" "You don't understand my job is my life" "My family must always come first" "In my spare time, I just need to relax" "No thanks not interested in dying right now" "My wife/husband would think I was crazy if I did that!" "I'm too old for this" "I'm too out of shape" and finally "I just don't think I can do it."*** Perhaps you can identify. Write your list, and now do your burning ritual. Make a decision that you are going to start on the NOW lifestyle. Now let's start your List!

Theme One: Face Your Fear

"Each time you have a direct encounter with a long-held fear, you can stand to gain a little more power over that fear - if you can get through the experience without giving up or retreating. That knowledge and confidence will enable you to live with the fear and do all the N.O.W. things you want

to do, in spite of it." So, identify your fears, learn about them, and then find a way to face it - think of an experience that will allow you to face it in a meaningful, rich, memorable way. i.e if you are scared of public speaking, start enrolling in a debating class, if you are afraid of sharks, start with an aquarium visit & build up, etc.

Theme Two: Get Lost

"Too much control and not enough mystery can be deadening to the soul. It can dull your natural instincts for adapting, coping, surviving. There's something deep inside us that wants to get lost every once in a while. It's tangled up in that genetic need to explore."

This is about throwing away the blackberry, and taking yourself purposefully 'off the radar'. The secret here is turning off that part of your brain that is always thinking 'what comes next.' i.e. leave the shelter of your current lifestyle such as a quest, look for the remote, join a tribe, get marooned.

Theme Three: Test Your Limits

"We are built to be tried and tested. If we really want to satisfy our primal urge to be tested, we must push ourselves to another level - one we've never attained before, one we may have assumed to be beyond our capability. You may want to go back and complete an old test you didn't complete - deal with some unfinished business."

Whatever challenge you decide to take on, you'll need to prepare, and train for the test, pushing through the 'wall' (there will come a moment where you question if you can continue on with the test, and overcoming the challenge will be a great boost to your self esteem. You can blend a task you feel driven to do, with a place you dream of doing, i.e. walking the Kokoda Trail, test your tolerance, do a running marathon, join a boot camp, take fun to the extreme, do a bike tour through Vietnam.

Theme Four: Take a Leap of Faith

"To live a N.O.W life you must be willing and able to make leaps into the void. It's the only way to get to the other side of the chasm, which is where so many great opportunities and experiences await you. The leap of faith is what carries us past uncertainty to the other side of the unknown. And to make that leap you must summon a belief in yourself."

This leaping muscle is located in your mind/not your legs - take the plunge after years of hovering at the edges of doing something ambitious, i.e make a film, open that cafe, paint that masterpiece, or jump with both feet into a movement you've long believed in, swing out on your vine to meet new people/make a fresh start in a new environment, change your career, start a new business, move to a new place, go ballooning, glide with the wind, take a dive, dance on air, have an animal encounter, jump into a movement, ride the roller coaster.

Theme Five: Rediscover Your Childhood

"The idea is to gradually reconnect with a more youthful attitude and spirit and then have these things remain a part of your life. It is really up to us - openness is an attitude. If you really want to tap into your own kid powers, the right attitude will take you a big part of the way. But you'll need imagination to take you the rest of the way."

Children just happen to have a lot of skills you re going to need on your NOW lifestyle, so rediscover your childhood possibilities: i.e stay up all night, get back on that bike, go treasure hunting, play it again, take lessons, get scared, get rolling, think young, do what you love, keep trying new things, take off your shoes wherever possible.

Theme Six: Shed Your Inhibitions/Express Yourself

"This idea of immersion is an important one with regard to shedding inhibitions. The concept is to insert yourself in to the mix, let down your guard, and open yourself up to new people and experiences."

A lot of shedding of your inhibitions is about defying your own self made stereotype and breaking the rules you have imposed on yourself i.e. get naked, learn to love, and love to learn, perform live, stay up all night because you feel like it, get your letter to the editor published, create pop art.

Theme Seven: Break New Ground

"Something within us craves the challenge of constructing, of using our own hands and wits to solve problems, or to produce something that didn't exist before. I suggest you come up with a break new ground experience; you should seek out more than just the thrill of invention. If you can find a way to build, invent, or initiate something that also serves a human need beyond your own you're on your way toward an experience that could potentially be not only satisfying but also meaningful and important."

This is about breaking or building new ground - making anything that can be useful to anyone - building a dream for yourself while enriching the life of others i.e build a tree house, build the ultimate sand castle, plan an urban garden, help renovate a school or community centre, volunteer whilst on your time off, build your own cabin.

Theme Eight: Aim For The Heart

"Aiming for the heart is about sharing the whole NOW philosophy and passing it around or 'paying it forward'. You too can find carrying and sharing the message to be extremely satisfying. Is it enough to just offer a few words of encouragement perhaps urging someone to write her own List for Life? Sometimes, yes, sometimes no. There are times, I believe when you can and should go further, giving an extra little push or maybe a big push."

The first thing you must do in pursuing this kind of experience is set your sights on someone else's dream for example a spouse, a dear friend, a family member, or someone you don't know very well or not at all ie cut someone's grass, pay for meals at another person's table at restaurant, wash someone's car, pay the food order for car behind on drive-through fast food restaurant, pay for the movie of the 3rd person behind you in the line at the movies, go to nursing home and take out a complete stranger for lunch, share a hug, share a book, enrol your mother in law in cooking school, stage a "this is your life " reunion for friend, donate yourself, offer to join someone as they face a fear, help something stay alive.

Excerpts taken from "N.O.W -No Opportunity Wasted" by Phil Keoghan.

Be Inspired Article: 10 Questions with my Dad (Fred Vella)!



Who Is The Real Fred?

My life has been an adventure; I have had my fair share of fun and disappointments. I also believed in myself -as long as I was honest with people and tried to do the right thing. Life is about enjoying life. I treasure every day because it is a bonus. Some people can't

see light at the end of the tunnel. Every day when I wake up it is a bonus. To enjoy every day as if it is your last. To feel good about yourself, about your life. Be positive about your life and try to help and guide people in the right direction. If you can help someone every day you really feel good about yourself. I try to help people when they feel down. You have to continue to not only help other people but help yourself. To try and do a good deed. And at the end the day you feel better about yourself.

Which five words best describe you?

Honest. Caring. Compassionate. Loving. Interesting.

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

I was selling and delivering newspapers from the age of 11, outside hotels, etc. I then worked in a varnishing place in North Melbourne for 6 months, until I turned 15. I then went into an Apprenticeship at GMH. That led me on to being a Fitter & Turner; Tradesman. I then went into Sales and got to the position of Sales Manager of an Engineering Company. At aged 53 I started my own company, Statewide Labour Hire, a very successful company.

What's your proudest achievement?

My children.

What's been your best decision?

Starting my own company - which gave me stability and security.

Who inspires you?

My mother, who struggled a lot financially (she worked a couple of jobs, working through the night to make ends meet, sewing sleeves on jumpers, & as a cleaner for a Real Estate Agent) and she still kept the family together. She never had an easy life and always put us first. She gave us the ethics you work to get somewhere in life.

What are you passionate about?

Family - being able to see my kids being happy in their choices in life.

What's the best lesson you've learnt?

To be honest.

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

My mother because I would like to do things for her which I couldn't do when I was growing up - to see her for one more time.

What dream do you still want to fulfil?

Basically for Marianne and I to stay healthy for a long time. I am contented in my life with Marianne - I just want it to continue for a long time.

What are you reading?

A sports book based on Golf.

Daily Hint: Reconnect with Others Living Their Dream!

Thank you! If you would like to connect with others living the No Opportunity Wasted Lifestyle, once you have created your list, you can register on the No Opportunity Wasted website as a dreamer (www.nooportunitywasted.com). 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 my interview with my Dad (thanks Dad!) will inspire you with his wisdom and compassion for the secrets of peace, and happiness, and appreciating each day alive as a bonus. And my wish is that you all reconnect with your Fathers on Father's Day and show them your love and appreciation. And if you can't be with your Fathers - to at least do a good turn for a Father!

"Live as if you were to die tomorrow. Learn as if you were to live forever."

Mahatma Gandhi

"Live as you will wish to have lived when you are dying."

Christian Furchtegott Gellert

"There are but three events in a man's life: birth, life, and death. He is not conscious of being born, he dies in pain, and he forgets to live."

Jean de la Bruyère

Sincerely,

Karen Vella

you owner & founder, performance consultant & life coach (cert iv)

you nlp practitioner (nlp, Time@Line Therapy, Hypnosis, Coaching

M:0419 570011 | B 03-9318 3711 | karen@youretheone.com.au | www.youretheone.com.au

Free Mini Ebook

As a special offer for the month of September, 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: 30th September 2010

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