

# You're The One Newsletter

MMM...HOW CURIOUS!!?

Issue 5 Vol 11: November 2010

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Dear Karen,

## What's New With Karen

Welcome to November 2010! October was a very curious month - why so do I hear you whisper? Well, I had a meeting with a person who stopped me in my tracks. I mean I was really in a state of brain fry after meeting him. He talked about a subject I was totally unfamiliar with, and introduced me to concepts & terminology I had never even heard of. Rather than judge this, I decided I'd get really curious about it, and learn more about it! You see curiosity is a quality we tend to have when we are children, however as we grow older, we lose sight of its value. I trailblazed through October being passionately curious about everything - to discover new people, ideas, concepts. In the process, I curiously watched a fascinating documentary on the Award Winning Australia Writer, David Malouf. So this month is dedicated to us becoming really curious about ourselves, other people, other subjects because there is a gift when we approach the world from a state of wonder, rather than judgement. Curious....? Read on...Warmest Regards. Karen

## Mojo Tip: Get Really, Really Curious!



The eleventh tip on your path to your magnificent Mojo mindset is to become **really curious**. People with Mojo are **really curious**! And being **really curious** will spark up your Mojo! So, if you want to develop Mojo you simply will switch on the quality of curiosity to your personal repertoire. You can learn from the creative types as they tend to be the most curious - by understanding what these **really curious** thinkers are doing differently in 3 ways? First off, they wonder/question in new ways, for example: 'how can things be done differently' or 'what comes next' or 'why can't it be done that way' or even 'who says' or 'what would happen if'. Secondly, these types are experimenters and do not let fear of failure stop them from exploring new frontiers in all aspects of life. So, they tend to look for interesting things to do - whether that be finding a new restaurant, going to a new destination for a holiday, buying a book by an author they have never read etc. Thirdly, they are always having fun! So, the key for you is to start asking more questions of

yourself and those you surround yourself with. Also, to start doing new things even if that means just reading a book by an author you have not heard of. And finally, by having fun, whilst you are doing it! These 3 key ingredients are sure to fire up your new neural pathways in your brain plus make you much more attractive. How Curious!!!

"I have no special talents - I am passionately curious."  
Einstein

### Life Coach Tool: Kick Start Your Curiosity in 10 Ways!



#### Author, David Malouf - A Fascinating Example of Curiosity!

Creative people have curiosity! An example of a creative person whom we could study is the Award Winning Australian Author, David Malouf. It is said that the essential quality of a great writer is - **curiosity** - to wonder, to mull, and to muse why it is that man does what he does. One of David Malouf's best qualities that enable him to write such wonderful works is his curiosity, as can be reflected in his answer when asked why did he become a writer? "I discovered early that writing - exploring the world, and events, and people, was a way of understanding my place in it and of understanding myself: what I knew, what I felt. It became a habit. A good one I hope." We can learn from David that in fact curiosity is not static in people - it is a learnable, malleable, personality trait. So, here's some ways to discover and rekindle your curiosity factor!

#### Tools: 10 Ways to Kickstart Your Curiosity

A lack of curiosity will kill brain cells daily - because your brain is shaped and kept alive by the stimuli you find and interact with every day. Here's 10 Ways to Kick start your Curiosity!!

##### **1: Ask this Question More Often**

To create a dynamic environment anywhere ask yourself: "What might be all of the things I could do to enhance curiosity in myself and the people around me?"

##### **2: Ask 'How Can I?'**

If you have a problem, ask instead with curiosity: "How can I?" (solve this problem). Your mind will be freed from reactive mode, and will allow positive and intuitive solutions through curiosity.

##### **3: Let Your Mind Run Unhindered**

Let your mind run curiously free on paper, and allow any questions to flow freely from your head.

##### **4: Seek Newness**

Discover ways to fire the Seeking Newness (SN) pathway in the brain by repeatedly seeking out newness and ask: "What might be all the ways I could fire my SN pathway more frequently?"

##### **5: Phrase Problems in Form Of Questions**

If someone approaches you with a problem ask them to "please phrase it in the form of a question." That will twist the complaint around ie "I work too much" to "how might I work less?"

**6: Use Curiosity to Melt Resistance**

If you are feeling resistance in any area of life, get curious, ie perhaps you are angry - get curious why you are having those feelings. Curiosity will melt away your self judgement about the issue.

**7: Engage Your Subconscious In A Conversation**

Our subconscious likes to be asked questions (it doesn't like being judged) - so curiosity is a link to the subconscious - engage it in conversation by your questions.

**8: Ask 'Why Not?'**

When someone says "it can't be" ask "why not?".

**9: Hang a Reminder On The Bathroom Mirror**

Hang a reminder on your bathroom mirror: "what am I curious about today?" or "What am I interested in learning about today?"

**10: Reframe Your Problem**

Get to the underlying question to solve your problem. Curiosity helps frame our problems in such a way we can answer them. Get specific on the question and explore curiously.

**Be Inspired Article: 10 Questions with Sue Winn!**



**Who Is The Real Sue?**

Right now, I'm Managing Fernwood Moonee Ponds, where I have been for 3 years. A big change initially, a little daunting, but now loving working in such a comfortable and positive environment. Having not come from a fitness background, there was a large learning curve but I now enjoy being much fitter and healthier than before, in much better shape! I always make sure I have a good holiday each year and have been fortunate enough to travel extensively over the last 12 years, due to the support of my generous Cousin who has lived in various countries throughout the world, who welcomes me to stay wherever she is. I travel happily and confidently on my own - something I would never have seen myself doing years ago!

**Which five words best describe you?**

Easy going, loyal, friendly, happy, sensitive (Ha Ha, I sound like a puppy!!).

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

I worked in a Newsagents after school. My first real job was as a clerk in local government education department in UK.

Subsequently I worked in admin at Myer, Melbourne Zoo and Red Cross Blood Bank!! More recently, Business Development and Sales at the Regent Hotel (Sofitel) and the Windsor Hotel, and then 7 years

with Commercial Laundries.

**What's your proudest achievement?**

Seeing my 3 daughters as capable, competent and independent women, having brought them up as a single parent.

**What's been your best decision?**

Not allowing a divorce to drag me down.

**Who inspires you?**

Shirley Valentine.

**What are you passionate about?**

Travel.

**What's the best lesson you've learnt?**

Life is unpredictable (and exciting).

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

Right now - An Doh. I would usually answer Princess Diana!

**What dream do you still want to fulfil?**

More travel!

**What are you reading?**

The Happiest Refugee, An Doh.

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**Daily Hint: Ask More Questions Each Day!**

Thank you! My Hint this month is to invite curiosity into your life daily by asking more questions, and also to explore some unknown territory - perhaps a place, a book, a film, a person - anything! 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 know that my interview with Sue Winn, a woman whose curiosity for reading, writing and travel (she's even a budding travel writer herself), will inspire you with her successes, especially if you feel you are doing things on your own! Sue can be contacted via Fernwood (MPonds):

[www.fernwoodfitness.com.au](http://www.fernwoodfitness.com.au).

*Curiosity Quotations*

*I think, at a child's birth, if a mother could ask a fairy godmother to endow it with the most useful gift, that gift should be curiosity.*

*Eleanor Roosevelt*

*Millions saw the apple fall, but Newton asked why.*

*Bernard Baruch*

*The cure for boredom is curiosity. There is no cure for curiosity.*

*Dorothy Parker*

*The important thing is not to stop questioning. Curiosity has its own reason for existing. One cannot help but be in awe when he contemplates the*

*mysteries of eternity, of life, of the marvelous structure of reality. Albert Einstein*

*I keep six honest serving-men, they taught me all I knew; their names are  
What and Why and When And How and Where and Who.  
Rudyard Kipling*

*There are no foolish questions, and no man becomes a fool until he has  
stopped asking questions.  
Charles Proteus Steinmetz*

*The larger the island of knowledge, the longer the shoreline of wonder.  
Ralph W. Sockman*

*The one real object of education is to have a man in the condition of  
continually asking questions.  
Bishop Mandell Creighton*

Sincerely,

Karen Vella

you owner & founder, performance consultant & life coach (cert iv)  
you nlp practitioner (nlp, Time@Line Therapy, Hypnosis, Coaching  
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## Free Mini Ebook

As a special offer for the month of November, 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 15 Ways To Use Curiosity As Personal Development Tool!" 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 November 2010**

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