

# You're The One Newsletter

WHO ARE YOUR 3 WISE WO/MEN?

Issue 5 Vol 12: December 2010

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COMING SOON TO THIS SPACE!

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2010 - Best Year Workshops  
2010 - Webinars  
2010 - New Products  
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Dear Karen,

## What's New With Karen

Welcome to December 2010! November was a month when I was profoundly noticing who I have been surrounding myself with, and how important it is that we get to be around positive "like minded" souls! An example of this is when, I watched the very talented, Sarah Jessica Parker, in the Sex & The City 2 Movie, and it struck me how the 4 girls really are there for each other - as their own cheer squad through life's ups and downs. It got me thinking how absolutely vital it is we surround ourselves with the right people who people who are lifting us up, and not diminishing us. As we are approaching Christmas, it's a great time over the festive season, to think about whom you have been surrounding yourself with over the past year, and if there is anyone who you wish to 'bless them and set free with love.' This Newsletter will have some tips and strategies to assist you! So, have a wonderful Festive Season. Three Cheers from one of your Raving Fans! Wishing you a peaceful, happy, and loving Festive Season. Warmest Regards Karen

## Mojo Tip: Create Your Own 'Council'!



The twelfth step on your path to your mesmerising Mojo mindset is to surround yourself with the right people; those who support, encourage, and celebrate with you during the good and perhaps not so good times. Your support circle could be called your "council" of advisers. Just knowing that you are surrounded by people whom you can trust, have your best interests at heart, can go to when your Mojo is waning, and assist you to get back on track will have a major positive influence on increasing your Mojo. People with Mojo often decide to either have just "one council" (ie 1-2 good friends for overall encouragement in life) or whether to have "many councils" for the different areas of life (ie health/personal/business/church-fellowship? People with Mojo not only attract positive people, but they deliberately seek out new people to add to their "council" especially if they are attaining a new goal and may need a specific level of expertise. People with Mojo do an inventory from time to time on the people they are surrounded by and notice who may be "adding to the Mojo" or may be "zapping the Mojo." This may involve

"letting go" of someone from that "council." (Note: this does not mean, they don't see this person at all - it is just that they have found a person who specializes in that specific area of support). So, perhaps it is time to take a close look at your council of advisors and make some decisions! Life with a supportive council will make your Mojo soar, just like the effect a cheer squad has on it's particular team!! Well done, now watch your life change before your eyes!!

Parker commented on the support the four characters provide for each other, which she believes is unique in present-day culture.

"I will say that in an era in culture when women are really unkind to one another and call each other horrible names and a vernacular which I find really objectionable, I really, really love how these women love each other," Parker said. "I live how decent and honorable they are to one another. I love how they respect one another. They were never made to be friends. Their DNA is so radically different, from one to the next, and they have found this incomparable friendship that is really, truly inspiring to me in my friendships. It changes how I look at my friendships constantly. It changes the way I look at friendships, the way I respond to my friend's choices. When I look at a lot of what's available on television and I see how women treat each other, I like that there is some place where we still like to illustrate that women would much rather be allies than adversaries."

## Life Coach Tool: Your 'Council' - Fit For Royalty!



### Who Is On Your Council Right Now?

Now this is a great time to start journaling who your council might be? Who are the people who smile when you walk in the door? Who are the people who celebrate your successes? Who are the people who are there for you when you are down? Now, you may find there are some gaps in your "council" or areas of your life that could improve from having a "council" and it is amazing with synchronicity how people suddenly appear, either through contacts or new acquaintances, who could potentially become great members of your "council." You will also perhaps benefit from ways I can help you design your new "council." Please read on....

### Understanding Why You Attracted This Council!

You've had a chance by now to do an inventory on others in your life. Are you curious why you have attracted these people into your life up until now? Well the reason is, that according to the Law of Attraction Like Attracts Like. So, if you have been emitting negative energy, you would have been attracting negative people & if you have been emitting positive energy you would have been attracting positive people. So, now we can start transforming ourselves firstly by adopting the chart below and ensuring that we emit positive energy (and therefore positive people) into our lives. People will pick up on our energy and positive people will be attracted to us (and the negative people will.....well I guess you know whom they will be attracted to)!! Have fun attracting a whole new lot of positive people and experiences into your "Council." I'm truly excited for you!

### How to Attract Positive People Into Your Council Now!

<b>Positive Energy....</b>	<b>You're emitting positive energy when you:</b>
Is About Movement	Stay in touch with your dark side and weaknesses, and are willing to grow towards healing and strength.
Values Other Positive Qualities	Sees the positive qualities in other people.
Feels Compassion Towards Yourself & The World	Understand that we are all doing the best we can.
Is Open Minded	Listen to - and try to understand - other perspectives, regardless of how different.
Is Non-Judgemental	Gives the benefit of the doubt.
Is Honest	Express your true self in thoughts and actions, gently and honestly and free others to do the same!
Admits the Negative	Share your negative thoughts and emotions.
Appreciates Success	Celebrates the success and happiness of other people
Doesn't Deny Negative Emotions	Feel fear and defeat, and keep persevering anyway.
Allows Your Dreams	Follows your dreams and desires
<b>Negative Energy....</b>	<b>You're emitting negative energy when you:</b>
Isn't Honest	Ignore your dark side and weaknesses (and then act them out).
Is Critical	Focus on other people's mistakes and weaknesses
Strives for Perfection	Obsess about being perfect; whether it's at work, at home, or with your appearance (or other people's!).
Wants all to be of One mind	Try to change other people's perspectives and opinions.
Isn't Balanced	Try to please people constantly and ignore your own needs.
Gives away Power	Let other people's moods and energy dictate your own.
Is Suppressed	Swallow your negative thoughts and emotions.
Is Jealous	Resent the successes and joys of others.
Revolves Around Fear & Bitterness	Allow fear and cynicism to harden your heart and color your perspective.
Suffocates Your Dreams	Ignore your goals, plans, and passions.

#### **Why You Need a Positive Council?**

Surrounding yourself with a positive 'council' will help you with your confidence. Any negative influences will assist you to lose your confidence. Successful people are self confident and self confident people surround themselves with positive people (and hold the negative people at arm's length). They do not "cast their pearls before swine" (or share what is holy to them - their heartfelt goals and dreams) - they instead share these "pearls" with positive people. So, make friends with all the positive people you can, hold them close, treasure them, as they will help you achieve your dreams.

## Be Inspired Article: 10 Questions with Dave Lennon!



### Who Is The Real Dave?

My Name is Dave Lennon, Director of Reef Ball Australia & Sustainable Oceans International. I've always been fascinated by the sea, starting my career as a commercial diver and then diving instructor before undertaking my degree in Oceanographic Technology in the USA and then later my Masters in Environmental Management in Queensland. My mantra is 'better design below the waterline' and my dream is for reef design to become as important as planning a new city. I've worked as a marine scientist and in business and my passion is utilizing these two skills in reef design. I spend as much time as I can by the sea, even off duty; I live near the beach in Melbourne with my wife and son.

### Which five words best describe you?

Funny (my 6yr old son's suggestion), Passionate, Innovative, Persistent, Intuitive.

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

Pet sitting in school holidays. Dive instructor. Odd job man while at uni. Commercial diver. Marine scientist. Alternative therapist and trainer, and writer for Living Now. Marketing consultant. Business Development Manager. Business owner.

### What's your proudest achievement?

Sticking with a business idea since 1997 and seeing it grow in the last 2yrs from \$50K pa to \$1M. The classic 'overnight success!'

### What's been your best decision?

Every gut feeling I listened to and acted on.

### Who inspires you?

Anyone that is happy and enjoying life.

### What are you passionate about?

Innovation and finding and developing better ways to serve customers, our staff, suppliers and the environment.

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

Learning to *really* listen to my customers. I used to get so enthusiastic about a new idea that I forgot to sit back and ask the market what it wanted, talk to the right people and really listen to what they were saying. Being able to hear and understand a problem or pain they are experiencing is so important. Such comments are gold as they can be turned into opportunity and competitive advantage. As Tom O'Toole, the iconic 'Beechworth Baker', says "your customer can tell you how to double your business".

**Which person, living or dead, would you most like to meet?**  
Steve Jobs of Apple or the guy that invented the Dyson vacuum cleaner.

**What dream do you still want to fulfil?**  
To see my company become a world leader in sustainable marine development and the restoration of reefs and other marine habitats impacted by development or natural disasters.

**What are you reading?**  
Right now it's 'The Innovation Secrets of Steve Jobs' by Carmine Gallo. Excellent book.

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**Daily Hint: The Pink Bubble Prayer/Visualization!**

Thank you! My Hint this month is to daily do the Pink Bubble Prayer/Visualization: *Imagine something you deeply and truly desire and create an image in your mind of that outcome just the way you want it, with a positive intention. Allow pink to surround the image entirely, symbolic of the Love behind this intention. You are surrendering this thought, with the full knowledge that this or something better will happen in a way that is a harmonious blessing to all concerned. Keep the image in your mind for a moment, and then let it go and see it rising higher away, farther and farther away from the earth, all the way to the edge of the universe. Then put the thought out of your mind entirely. This is best done lightly, matter of factly, with willingness to HAVE the outcome and yet no attachment to having the outcome. Trust that the result, or something better, will happen in a harmonious way.* 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'm certain that my interview with the innovative business owner, David Lennon will inspire you with his story of his wise council in turning his business - Reef Ball - into over \$1million success story! David can be contacted on: [info@sustainableoceans.com.au](mailto:info@sustainableoceans.com.au). Merry Christmas and may all God's blessings be with you and your family this Festive Season. Stay Safe.  
x

*"Some people are settling down, some people are settling and some people refuse to settle for anything less than butterflies."*  
Sarah Jessica Parker (Carrie - Sex & The City)

*"Surround yourself with only people who are going to lift you higher."*  
Oprah Winfrey

*"Surround your self with people who celebrate you, not who tolerate you"*  
Unknown

*"If you surround yourself with the good and righteous, they can only raise you up. If you surround yourself with the others, they will drag you down into the doldrums of mediocrity, and they will keep you there, but only as long as you permit it."*  
Mark Glamack

*"Surround yourself with people of like mind and different talents and temperaments with the purpose of serving the goals of every member of the group. Associate with these people on a regular basis."*  
Jeff Olson

Sincerely,

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## Free Mini Ebook

As a special offer for the month of December, 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: 31st December 2010**

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