

You're The One Newsletter

PROGRAM YOUR RAS FOR 2011!

Issue 6 Vol 1: January 2011

In This Issue

What's New With Karen

Mojo Tip

Life Coach Tool

Be Inspired Interview

Karen Recommends



COMING SOON TO THIS SPACE!

2010 - Mojo Classes

2010 - Best Year Workshops

2010 - Webinars

2010 - New Products

2010 - 1 on 1 Life Coaching

And more....

Quick Links...

[Our Website](#)

[Products](#)

[Services](#)

[More About Us](#)

[Join Our Mailing List!](#)

Dear Karen,

What's New With Karen

Welcome to January 2011! Wow 2010 was a challenging year for many and also for myself personally so I'm delighted to be sprinting across the threshold into 2011. At the end of a year we are often reflective, and as I pondered throughout December I was deeply inspired by two amazing role models. The first being Oprah Winfrey, whose open hearted generosity of spirit, Australians had a taste of when she arrived with the Oprah Juggernaut in December. The second being my Grandmother, Dorothy, a lady who lived a life with courage, dignity and love, who passed away aged 88 just prior to Christmas. Both these women inspire me to go out into the world as an independent woman, and live with a dream in my heart. This newsletter is dedicated to these two inspirational women. So, for 2011 my wish is that you live with a dream in your heart, and create a fresh start - and live with purpose. A great way of creating a guide for your new year is to come up with "one word" "one vision" "one phrase" that you create that is custom made for you - that will guide you in 2011 to live a life of ultimate happiness! Warmest Regards
Karen

Mojo Tip: Start the New Year with your Own Vision!



The first step on your path to your magical Mojo mindset for 2011 is to get very clear and specific on your vision for the year! A person with Mojo will spend time creating a vision for their upcoming year - via a Vision Board or other method. Vision Boards serve the role of programming the Reticular Activating System (RAS) to tune into external stimuli that can move us closer to our dreams. The whole concept is based on the fact that our brain searches for evidence of what we hold in our subconscious via the RAS and will bring that into our lives. So a person with Mojo needs to start the new year fresh with a clear, concise vision of his/her dreams, hopes, and desires so that the RAS can go out and bring it into existence. A perfect example is when Oprah Winfrey, on her recent visit to Australia, stopped by the home of Megan Castran, in Toorak, Melbourne to surprise her and her 20 guests during their weekly taco night. Megan had visited Harpo Studios in 2008 for a show taping and

invited Oprah to come visit Australia and Oprah arrived on Megan's doorstep with 2 bottles of Tequila. What I loved, was that when Megan was taking Oprah through her home, there it was a Vision Board - and on the Vision Board was a picture of Oprah saying "I'm on my way to Australia." Oprah and Megan marvelled at the fact that Megan's RAS had manifested what was on her vision board. Oprah Winfrey encourages people to create a vision board at the commencement of each year - in fact you can go on to her website and create your own personalised vision board, which can be emailed to you daily as a reminder! So, remember to spend some time creating a vision of 2011 before the New Year so you can start manifesting your dreams from day one!

Life Coach Tool: Choose 1 Word/1 Phrase/1 Vision!



Choose One Word For 2011

What we all have in common is that at New Year's Eve we will be doing some reflecting upon possible resolutions for our New Year. However, a great alternative is to instead "pick a word for the year." How this works is that you hold that word with you throughout the year, so that any decisions you make are guided by that one word. For example, say you use the word "courage" and that is the word that will guide you through the year. You are at home wondering whether to go to the gym or join that new Zumba class, and your guiding word "courage" comes to you and all of a sudden you are motivated! The ideal thing to do is choose one word as it helps narrow your focus. Here is a list of words, what I suggest you do is sit by candlelight and find a word that resonates most to you (or you may have already got your word without having to do this).

Compassion	Generosity	Effortlessness	Wealth
Gratitude	Abundance	Creativity	Willingness
Change	Growth	Freedom	Mastery
Kindness	Health	Presence	Acceptance
Courage	Confidence	Self-Love	Action
Forgiveness	Release	Trust	Knowing
Patience	Friendship	Fun	Grace
Laughter	Love	Expansion	Exploration
Adventure	Openness	Discipline	Awe
Awareness	Risk	Gentleness	Choice
Spirit	Prayerfulness	Power	Allowing
Artfulness	Attention	Beauty	Joy
Focus	Ritual	Healing	Order
Clarity			

Choose One Phrase for 2011

Now this is the fun part - come up with a phrase that encompasses your word. For example "fortune favors the brave." Anything that

sums up courage in a few words.

Choose One Vision for 2011

A Vision Board is typically a poster board upon which you paste images that you've torn out of various magazines. The concept is based on when you surround yourself with images of who you want to become and the life you wish to live, your life changes to match those images and desires. A great way to start is to sit quietly and set the intent, you may want to play some gentle music, and light candles. Now, treating yourself with kindness and with an open and willing heart, ask yourself what you truly want? You may discover images coming into your mind, or one word spring up. Whatever it is, that is fine. Here's the fun part! Go through your magazines and just tear out anything that resonates with you - cut out words - and images - and have fun! Now, you have a pile, go through the images and only lay your favourites on the board - and this is an opportunity to let go of any images that don't feel totally right. You may want to fold the board into a book that tells a story, or you may want to give a theme to each corner of the board, or perhaps you feel your images should just go all over the place - just go with whatever feels right. Now start gluing everything on to the board. Next, (this is optional) - put a fantastic photo of yourself where you are radiantly happy in the centre of the board. Finally, hang your Vision Board in a place where you will see it often. It's also a good idea to tell someone about it, if you like, or broadcast it to the universe. Note: Here are 3 types of Vision Boards. The first is when you know specifically what you want and you go out searching for specific pictures of that. The second is when you are unsure of what it is you really want, and so it is best to just go with what resonates. The third is when you create a theme for NY Eve or your birthday.

Five Tips for Creating a Vision Board:

- 1. create a vision board that represents who you are*
- 2. cut and paste photos that spark your inner "a ha"*
- 3. be open to power of a vision board to help you achieve your goals*
- 4. Stop thinking about achieving your goals*
- 5. Be still and still moving!*

Be Inspired Article: 10 Questions with Silvia Wright-Davies!



Who Is The Real Silvia?

Silvia Wright-Davies lives in Melbourne with her daughter and their much loved family pet, a cute Pomeranian. Silvia is a business trainer and often travels to different parts of Australia to give

seminars. When she is not working, she enjoys dancing, the great outdoors, live theatre, gym, and travelling.

Which five words best describe you?

Responsible, fun, achiever, positive, and friendly.

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

My very first job was very interesting, very educational, and different from anything I have done since then. At the time I was living in Argentina, and I accepted a position as the personal and bilingual secretary to a missionary who was working there. I can vividly recall trying to master the old Gestetner machine that was used for printing purposes! Administration work aside, the mission owned a 'rolling classroom' and we used to go into the Villas Miserias (Misery Villages) and educate the children in hygiene and other life skills. My path has taken many twists and turns since then, and over the years I've owned several businesses. Probably the most significant was a fruit juice manufacturing and distribution company that my then husband and I set up.

What's your proudest achievement?

This is a good 'rocking chair/end of life' question as usually what we are proudest of ties in with our highest values. And as values can vary as we go through life, so can what we see as our proudest achievement. This is true of my experiences.

What's been your best decision?

I'm not too sure what my best decision has been, however, I can easily recall my 'hardest' decision. I was at university in the United States and needed to make a decision as to whether to continue with further studies or join my parents, who'd just migrated to New Zealand from Argentina. It was the most difficult decision of my life. Yes, you guessed it, I decided in favour of New Zealand, and a year after arriving there I then migrated to Australia.

Who inspires you?

My 93 year old uncle who is still living life to the fullest and with great enthusiasm, and my dearest friend Jim King, the founder of Kings Parking Group, whose wisdom and guidance has inspired me for many years.

What are you passionate about?

Personal development has always been an interest of mine and the focus of many a seminar that I've presented. Several months ago, I embarked on a new business venture which I'm passionate about. It's called the "Centre for Achievement" and it's an online A-to-Z blueprint for those wanting to power ahead in their personal or professional lives with purpose and passion. It combines a weekly powerful personal development program with a series of business and career related courses. For those who have their own business, it also offers a structured proven approach to business development and marketing. *It is with great delight that we have welcomed Karen on board as one of our Fabulous Faculty Members.*

What's the best lesson you've learnt?

Life is wonderful if we chose to make it so, and when we are faced with tough times a positive attitude works wonders.

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

Definitely living! It would be wonderful to meet.... my life partner.

What dream do you still want to fulfil?

Spend more time in South America: especially Colombia (what a beautiful country!), Peru with it's alluring Cuzco and Machu Picchu, and Brazil (with a trip down the Amazon), and down to the very South of Argentina where the glaciers are.

What are you reading?

Fiction - and it must be good fiction (ie: "Of Love and Shadows" or "Ines of my Soul" by Isabel Allende) - is only read during holidays. The rest of the year reading material is either work related, short articles that can be read in full in one sitting, or personal development books. Currently I'm reading an awesome book "Beyond the Summit" by Todd Skinner, and also "Life Beyond Limits" by Rik Schnabel.

Daily Hint: Read My First Article in www.empoweronline.com.au

Thank you! This month, I'd like to invite you to read my first fully published article in emPOWER Online Magazine - Summer 2011 edition. Go to p 18-19 and there is my article called "Live Life N.O.W." I'd like to invite you to print it out and read it daily to be motivated to create your list for life for 2011. 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 just know that my interview with Silvia, who is a woman I greatly admire, will lift you with her energy, vitality, and positivity for life. (Note: There is a special offer in the Coupon Area below in relation to the launching in Jan/Feb of Silvia's Centre for Achievement). Finally, I'll leave you with my best and warmest wishes that 2011 is THE best year so far of your life. I can feel it is going to be exciting, powerful, fun, and blissfull! x

"You are an artist and your life is your work of Art" Christine Kane

Sincerely,

karen vella

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

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

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

Free 1Month Membership

As a special offer for the commencement of 2011, The Centre for Achievement will be launching mid January and I am thrilled to let you know that Silvia has offered you one full month's membership for FREE. If you would like to take up this fantastic offer, then please email Silvia on admin@wrightchoicesolutions.com.au and advise her that you would like to take up the offer to yto clients and friends. She will email you details as soon as a the launch date has been confirmed.

Offer Expires: 31st January 2011

Copyright © You're The One

Disclaimer: The ideas, thoughts, concepts and models (Information) that have been detailed above are those of the person sending you this communication and do not take into consideration your business finances, risk profile, legal and specific needs for your business. You should always seek sound financial and legal advice if you are unsure whether to act upon the Information provided. You agree to assume the entire risk as to your use of this Information. You agree to hold You're The One, its directors, shareholders, employees, agents, representatives and affiliates harmless in any claim or event.

IMPORTANT NOTE: You have received this email because you have subscribed to a past newsletter, readers resources or other communication. If you no longer wish to receive this message, please unsubscribe or change your preferences. (see the links at the bottom of the page). Please don't use the junk mail filter on your mail service as it prevents other subscribers on your USP from receiving their messages - thankyou!