

# You're The One Newsletter

APPRECIATE AND ENJOY YOUR LIFE!

Issue 6 Vol 3: March 2011

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COMING SOON TO THIS SPACE!

2011 - Mojo Classes  
2011 - Best Year Workshops  
2011 - Webinars  
2011 - New Products  
2011 - 1 on 1 Life Coaching  
And more....

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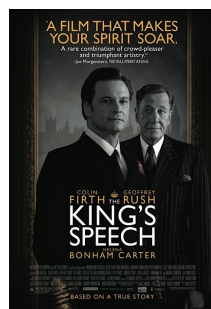
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Dear Karen,

## What's New With Karen

Welcome to March 2011. During February I was hearing one word repeatedly - **Appreciation**. A lovely colleague of tender years (but great maturity) recalled a story when she visited a priest/counsellor and he outlined the importance of 'appreciation' as being a key ingredient when considering marriage. I noticed a direct parallel we tend to have in that when we 'appreciate' someone and that person reciprocally 'appreciates' us we have a great connection! On the other hand, in relationships where there may be some issues, we are often experiencing a 'lack of appreciation' on both sides! How interesting! So I got to researching, that if we were to cultivate appreciation in our lives, then our happiness and the happiness of those with whom we interact would greatly improve!! I think we would all agree that the words 'thankyou' 'i'm grateful' and 'I appreciate' are words that are not said or heard often enough, and yet these key words could have a profound result in creating amazing lives. So this month this newsletter is dedicated to bringing more appreciation and enjoyment into your lives! By the way, have I forgotten lately to tell you: "Thank you - I appreciate you, I am grateful you are in my life!" Warmest Regards Karen

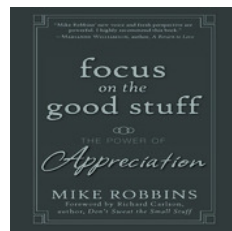
## Mojo Tip: Be a Master of Appreciation!



The third step on the path to your marvellous Mojo mindset for 2011 is to cultivate the art of appreciation each day of your life. People with Mojo are masters of appreciation and gratitude. It stands them apart. They thank and appreciate and are grateful for their own selves, the people around them, and their circumstances. They make a point to acknowledge and thank the people who touch their lives - and they do this on a daily basis. They really have tremendous skills of emotional intelligence - EQ. In my own personal study of the best managers and motivators of people (whether that be in families, in workplaces, or other cultures) it is truly the people with the highest degree of EQ that can lead people and bring out the best in them. They do this by letting others know that they are

valued, they are important, and they are appreciated for what they do and who they are. Appreciation can break down all barriers and boundaries - even social boundaries - as it speaks directly to the humanity of another and connects them heart to heart. An example of this is in the award winning film 'The King's Speech' a friendship develops between King George VI known as 'Bertie' (Colin Firth) and his Australian speech therapist Nigel 'Logue' (Geoffrey Rush). There is a very touching scene in which eventually Bertie thanks Logue and says 'how can I ever thank you enough for what you have done for me,' and calls him a friend. It is a very touching scene because it breaks down all the so-called barriers and the ups and downs of the cycle in a relationship and really hits home that underneath we are all wanting to be appreciated and valued. So, now is the moment to really start being a Master of Appreciation and not an Apprentice! Watch the difference it can make in your own happiness and watch the domino effect it has on all your relationships. Studies (and experience!) have proven that the act of showing appreciation has a significantly positive impact on both the giver and receiver!! Try it on for the month just for yourself!!

### Life Coach Tool: Live a Life Filled With Appreciation!



In his fabulous book 'Focus on the Good Stuff - The Power of Appreciation,' Mike Robbins, an ex American professional baseball player, shares his story about how the art of appreciation totally transformed his life. In 1997 Mike's professional career was ended after an injury. He was inspired by a minister's change room sermon and then went on subsequently to inspiring people from all walks of life to live lives of appreciation and enjoyment. The basic message is simple - that **People should appreciate what they have and not dwell on the negative.** Here's an excerpt from Mike's own words in his article which I know will inspire you as they did me: Take some time to ponder the powerful message:

*"Have you ever had something taken away from you only to realize how much you appreciated it after it was gone? I ask this question every time I start one of my speeches and seminars on appreciation. As I pause and wait for people to respond, many hands go up. Most of us have taken someone or something for granted. We only truly realized how much that person or situation meant to us after the fact. For example, at the age of 23, my professional baseball career ended abruptly when I blew out my pitching arm. I was in my third season in the minor leagues with the Kansas City Royals, and just like that my childhood dream was over. I realized looking back on my 18 years in competitive baseball that I had only one major regret. I pushed myself so hard that I'd forgotten to enjoy the game. I was so focused on "making it" and on overcoming my weaknesses, I had not taken much time to appreciate what I was doing along the way. We often waste way too much of our time and energy focusing on what we don't like, what we're worried about, or what we think needs to be fixed, changed, or*

enhanced. We live in a culture obsessed with "bad stuff." Just turn on the news, listen to the conversations and negative attitudes of the people around you, or pay attention to the thoughts in your own head. What if we stopped this negative obsession and started paying attention to what and whom we appreciate, right now? Imagine how this simple but profound shift in focus could transform our lives, our families, our relationships, our careers, our work groups, and more. Our life experiences are functions of what we pay attention to. Each and every moment, we have a choice to where we place our attention. I am not advocating that we deny, avoid, or run from the challenges, issues, or even the pain in our lives or around us. It is important that we are able to confront, face, and deal with these difficulties. However, we don't have to obsess about the bad stuff and let it run our lives. We each can consciously choose to focus on the good stuff in our lives, with others, and most importantly towards ourselves. There are great things happening in your life and around you all the time. You interact with amazing people each and every day. And, this is only "true" if you choose to recognize it, acknowledge it, and live it through your thoughts, words, and actions. There's a saying, "argue for your limitations and they're yours." Instead of that, what if we celebrated the good stuff around us, in others, and in ourselves? When we focus on this good stuff, our world transforms and we are able to see and experience the GREAT FULLNESS of our lives. We don't have to wait until everything is handled. We don't have to wait until we get it all perfect. And, we don't have to wait for people to do things exactly as we want them to. We can start appreciating life, others, and ourselves exactly as we are, right now. Don't wait 'til it's too late!"

#### **Here Are Mike's Top 5 Principles to Living a Life Filled With Appreciation and Enjoyment:**

- 1. Be Grateful** - Focus on the many blessings in your life and all that you have to be thankful for.
- 2. Choose Positive Thoughts and Feelings** - Make a conscious decision to transform your negative thoughts and feelings into ones that empower you.
- 3. Use Positive Words** - Pay attention to the words you use with others, about things, and in speaking about yourself. Speak with the most positive words possible. Our words have the power to create, not just describe.
- 4. Acknowledge Others**- Focus on what you appreciate about the people around you and let them know. Be genuine and let others know the positive impact they have on you and your life.
- 5. Appreciate Yourself**- Celebrate who you are, what you do, and the many gifts and talents you have. Self-appreciation is not arrogance. It's an awareness of your own power and it's the key to self-confidence, success, and fulfilment.

**Be Inspired Article: 10 Questions with Josephine Kwiatkowski!**

**Who Is The Real Josephine?**

I have come full circle. I have learned on my journey, (I will write a book) that who you think you are from your conditioning and indoctrination by parents, family, school, friends and so on is not who you truly are. It is only when you begin to question, explore, experience, research, find your own answers, face your fears, then take from all only that which resonates with your heart and soul. That then becomes your reality. Until you explore yourself you truly do not know what you are capable of, you may surprise yourself, and nothing is too good to be true! Keep it simple. It is truly the simple things in life that give you the most joy, don't take them for granted and most importantly do more of what you love. I have learned there are two emotions fear and love. Fear (false evidence appearing real) brings on all the negatives, greed, control, jealousy, limitation, etc. Where as love brings you more love. Simple! Change the thought. We have the power to make a conscious choice, choose to get out of the drama, and choose love, creativity, and peace. Choose joy. Unconditional love, no judgement. We have come to this planet to love, create experience and help one another; we are all in this together! Live and let live! Most of all have fun!!! Namaste.

**Which five words best describe you?**

Loving, loyal, positive, joyful and adventurous! Free!!!

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

My first job was with a finance company doing clerical work at the age of 17. It truly has been one amazing journey that has lead me to now holding motivational workshops for women, spiritual readings and giving away free positive lifestyle books with my partner Dennis at the Brisbane Organic Markets every Sunday (who would have thought)!!!

**What's your proudest achievement?**

I have to say my proudest achievement has been my amazing daughter "Holly Jade" she is the sunshine of my life! She is here to teach me about unconditional love and to remind me of who I truly am.

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

My best decision was to finally face my fears, one by one, and do it anyway! To truly open my heart, which I am so thankful for as it lead me to the man of my dreams. To not limit myself, and just give it a go!

**Who inspires you?**

I really had to think about this one, because truly every person that I have connected with in this life has inspired me. The list is too long.

Everyone we meet is our teacher, we all have unique gifts to share, we all have a story. Just stop and take the time to truly listen and learn - no judgement.

**What are you passionate about?**

I am passionate about life! Living in the moment, experiencing and savouring it all! I love connecting with people and hearing their stories and helping in any way I can. I love travelling, meeting new people, seeing and experiencing different cultures. I love music, talking, dancing, talking, candles, healthy organic food, earl grey tea, talking, vintage, markets, garage sales, laughing, talking, taking my Border Collie Lily for a walk, the beach, sunset, sunrise, the moon, the stars, talking, the mountains, flowers, nature, kisses and cuddles, the rain on my face, Italy, Art, standing barefoot on the dewy grass, reading, spiritual teaching, the list is never ending!

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

The best lesson that I have learned is ALWAYS listen to your intuition, your inner voice, and follow your heart. It doesn't matter what any one else thinks, because it is none of your business what any one thinks of you. It is your life, YOU have to live it, your thoughts, words and actions create your life, so create the life of your dreams, live in the joy!

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

I would most like to meet Leonardo Da Vinci.

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

A dream that I would still love to fulfil (and will) is to travel around Australia in a Jayco "Conquest" Motor home with Holly and Dennis and help communities and after Holly has left on her own adventures, travel around Europe in a Motor home with (the love of my life) Dennis.

**What are you reading?**

I am reading "The Five Love Languages" by Gary Chapman, a must read for everyone!

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**Daily Hint: Reflect Cultivate The Emotion of Appreciation!**

Begin each day by deliberately sparking up your emotional state. Take 15minutes and make a list of the things in your life that you truly appreciate and are grateful for. This could be your morning skinny mocha, or your children's hugs, or your talents, or the birds singing outside. Just keep writing until you have exhausted yourself of any more thoughts. Take a deep breath and read it to yourself - or out aloud if you're alone (you can do this driving to work). Read it slowly and let it soak in. Close your eyes (not whilst driving) and feel the sense of caring and gratitude you have activated and enjoy the feeling of how many great things surround you. This will trigger the emotional state of appreciation and will attract even better things into your life!

*I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I am so delighted to share the beautiful Josephine Kwiatkowski with you. Josephine is a person who walks her talk, being around her fills you with joy and she illuminates to us the gifts of happiness and appreciation for*

life! (There is a special offer in the Coupon Area below - so you can benefit from Josephine's wisdom and knowledge). Finally, HAPPY BIRTHDAY TO MUM FOR THE 1ST MARCH AND DAD FOR THE 2ND MARCH - Thankyou for being my role models - I am blessed. And so with appreciation and gratitude, wishing you a happy March. Love Karen x

**"Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well."**

**Voltaire**

Sincerely,

*karen vella*

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

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

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## Free Ask Josephine Q's:

As a special offer for the month of March, I am so grateful and appreciative that Josephine Kwiatkowski has offered YOU FREE answers on any questions regarding relationships, spirituality, light workers, the Ascension 2012 & beyond, etc (for women). Also, Josephine & her partner Dennis will be running free workshops on the Gold Coast in the near future. If you would like to enjoy these fabulous offers, then please email Josephine at [www.vibrations2012.com](http://www.vibrations2012.com) and mention that you would like to take up the offer to yto clients and friends. Jo will then be in touch!!

**Offer Expires: 31st March 2011**

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