

You're The One Newsletter

SENSE THE INNER CRITIC SURFACING, WAIT!! Issue 7 Vol 10: November 2012

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Dear Karen,

What's New With Karen

Welcome to November! During October, I profoundly pondered about the amount of criticism and negativity in our society. Whether it be 'constructive' or 'destructive' - everyone likes to be liked and no-one likes to be on the end of criticism that makes one withdraw through hurt or anger. Words are weapons and should be chosen carefully, with prudence, so as not to unfairly hurt others. So, I would like to suggest, we find ways to see the good in others, and perhaps pause before we start sharing with the world criticisms on others (whether one feels they are justified or not). So this month, I've dedicated this newsletter on how to disengage from criticism and instead make the world a better place through patience, silence and kindness. Warmest Regards Karen

Mojo Tip: Eleanor Roosevelt's Wisdom on Handling Criticism: "Do What You Feel In Your Heart Is Right"

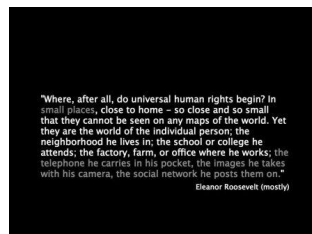


The Late & Very Much Admired First Lady, Eleanor Roosevelt

The 11th magical step on your path to Mojo is to accept the inevitability that each person will be confronted many times by critics in one's life - it may be a person who knows you, or one of does not. The important thing to know is that people with Mojo don't allow critics to stop them in their tracks. They learn to disengage from the Critic, and how to be their own best friend. They consider that the best they can be in life is a happy person and no happy person focuses on what other people think of them for their sense of self worth and self esteem. Endowed with a high degree of EQ (emotional intelligence) the Mojoesque person has the empathy to know that the critic may be acting out of their negative ego and projecting something they have not dealt with themselves on to them. So, the Mojo wo/man gets up and does what is right for them in the world - and if encountering negative criticism - they don't react with anger - instead deciding to not engage further with the critic and move on. Mojo role-modes further use their humanity of either, choosing words as weapons of goodness, or the choice to

remain silent. In actively deciding to not engage in criticizing others - they live by the motto: "to give so much time to improving oneself that one does not have the time to criticize others." One would say people with Mojo are balanced in thought, word and deed - that is they weigh up whether to say something or not - they have the gift of wise and prudent speech, and are even tempered to deal with any barbs thrown their way. We can all take a leaf out of the book of the wonderful Late First Lady, Eleanor Roosevelt - a true humanitarian, who wrote a most wonderful essay on how to deal with criticism. She, and many young family members, would often go to President Theodore's wise Sister for advice. Once when Eleanor Roosevelt asked her Aunty about whether she should do something at the time would have caused a great deal of criticism, she replied: "Do not be bothered by what people say as long as you are sure that you are doing what seems right to you, but be sure that you face yourself honestly." Wise words indeed. People with Mojo know instinctively that one must really put oneself in another's shoes to truly know what is the best course of action for their life and sometimes what is right for one person, would be totally wrong for another's soul! So, Overall, it is YOU who know what is best for YOU! So, the antidote for this is to stay happy, follow your own heart and wisdom and don't dwell on what others think of YOU! And before you go to criticize another, WAIT....! Perhaps ponder, your words have the ability to 'harm' or 'help' and let's make a difference in the world with positive words rather than the negative!

Life Coach Tool: A Lesson on How To Take Criticism



Eleanor Roosevelt's Bill of Rights

Read an Excerpt from an Essay on "How to Take Criticism" 1944 - produced by Eleanor Roosevelt (excerpt below):

"What about criticism? I am always being asked if it troubles me, or makes me angry, or hurts me. Should we be affected by criticism regardless of its source? In private life, of course, criticism is limited to friends and relatives and you live as you choose, and please or displease a limited group. Curiosity centers, I imagine, about people in the public eye where there is an almost unlimited field for those who wish to criticize. If you listened to them all, would you ever do anything? Many people feel there is an advantage to doing nothing. It is rather comfortable, you do not have to exert yourself physically or mentally. You can accept all of the privileges that come to you, and have no responsibilities. You are to be envied if your conscience lets you do it!There are no laws as to your conduct, you are a citizen, free like any other, so you live by your own judgment, tastes and conscience. Hence the question is "How much attention should the individual criticized pay to criticism?" No human being enjoys being disliked so it would be normal to try to avoid actions which bring criticism. When it comes to deciding on whether you will be a Dresden china figure, daintily placed on the mantelpiece, and thus avoid any criticism, or lead a strictly personal life when the world is rocking on its foundations, or of facing criticism and at least trying to live as an independent citizen of the United

States, considering it your duty to use such opportunities as come your way for service as you see it, then the decision for certain people will be easy. They will do and be damned, but the others who won't do, what of them? You might expect them to be praised but that is not the way it works. In these situations you're damned if you do and damned if you don't! In the last analysis you have to be friends with yourself twenty-four hours of the day. If you run counter to others now and then, you have enemies, but life would become unbearable if you thought about it all of the time, so you have to ignore the critics. You know quite well when you face audiences and are among crowds of people, that perhaps everybody present dislikes you cordially. Then you do your best to make others see your point of view, but if you cannot win them over, you still must go on your way because each human being has an obligation to do what seems right according to his own conscience. If you are honest, you will always be your own most severe critic. There are two kinds of criticism which come to us all in this world. One is constructive criticism. To be really constructive, criticism must come to us from people whom we know and whose judgment we trust and who we feel really care, not only for us as individuals, but for the things which may be affected by the actions or attitudes which we take. Destructive criticism is always valueless and anyone with common sense soon becomes completely indifferent to it. It may, of course, be cruel at times. Sometimes it may be unjust and bring the individual a certain amount of bitterness, but I think any sensible person soon learns to recover from the bitterness and to ignore the cruelty. To do anything constructive or creative in this world, people must have some self-confidence. Therefore people who love them must always be careful even in giving their honest criticism and opinions, not to destroy completely an individual's faith in his own judgment! It is sometimes better to let people make mistakes and learn from experience. This may be less harmful than being criticized, and told over and over that something you are doing is wrong or inadvisable. Everyone who launches forth on constructive criticism should bear in mind the fact that it is sometimes hard to put oneself in anyone else's shoes. What might be right for you may be quite wrong for someone else, because they approach life from a different angle. In addition, I think that if you care about people you sometimes allow your judgment to become clouded and criticize with a view to preventing them from doing things which you feel will bring them the difficulties of general criticism when as a matter of fact, succumbing to such considerations would perhaps be more painful than all the outside criticism could ever be. Fear for those we love is one of the reasons that many of us are critical and it is something which we should weigh very carefully before expressing ourselves. The people who love you may help you greatly, however, with some types of criticism. People whom you have never met but whom you admire, can through their example, give you inspiration, and frequently what they are and what they do and say, will form the basis on which you criticize your own actions. To spend your life, however, thinking about "what will be said," would result in a completely unprofitable and embittering existence. Since one of the chief things that human beings can do to be helpful in life, is to be cheerful, it would indeed be foolish to dwell upon the criticism of those who can know little about you, who do not take the trouble to verify their facts, and who frequently have ulterior motives for the things which they say or write."

Be Inspired Article: 10 Questions with Lina Lamont!

**Who Is The Real Lina?**

I suppose at heart I am budding entrepreneur. I have lots of business ideas which I would love to see come to fruition. One of them is Tipikata, which is a giant tipi company I currently own with my best friend Hayley. I am an avid reader of all things "Self Help" and also have a love of interior design which I would probably classify as a hobby. Like most people I have had struggles & challenges in my life. One of the biggest challenges for me was my marriage breaking up about 10 years ago. This sort of thing really shakes you to the core and makes you reassess everything in your life. I liken it to taking everything in your life and throwing it up in the air. The only things you catch are the most precious things, which for me were my children. Everything else is up for grabs, gradually life has come back to centre and I can now say life is good. At the moment I am working with my friend Hayley to build up our Giant Tipi Company and have many exciting projects in the pipeline, so stay tuned!

Which five words best describe you?

Passionate. Hardworking. Risk Taker. Courageous. Persistent.

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

It was the 80's, Dallas was a hit and so were shoulder pads. I enjoyed them both! I worked as a junior for Bill Acceptance Pty Ltd in Phillip Street in Sydney.

What's your proudest achievement?

My proudest achievement is becoming a mother to my four beautiful children!

What's been your best decision?

This is a difficult one...I have a top three. 1. Making my children a priority when they were small & fitting in work around them 2. Studying - a decision to return back to study to complete two Bachelor Degrees 3. Starting Tipikata with my best friend Hayley.

Who inspires you?

Difficult question, many people. If I was to narrow it down I would have to say my faith inspires me to be a better & more positive person.

What are you passionate about?

Justice, I hate to see people being taken advantage of.

What's the best lesson you've learnt?

To trust your instincts.

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

I would love to have a cup of tea with Nelson Mandela.

What dream do you still want to fulfil?

I have some inventions which I would love to see come to fruition as well as taking my children overseas (sorry I cheated 2 dreams).

What are you reading?

About the Australian Aviatix Nancy Bird's in her autobiography "My God it's a Woman". She was the youngest woman to fly at 17 in the early 1930's.

Daily Hint: Disengage 'The Critic' This Month

Thank you! Your Daily Hint this month, is to become the change you want to see in the world. Try this month being so focussed on improving yourself that you have no time to criticize others. If you find yourself about to offer criticism, wait.... Let the moment pass and remind yourself that we do not know how it feels to walk in another person's moccasins, so perhaps we can shift our perspective to one of appreciation and gratitude for some other quality in the person instead. Notice how much fantastic and positive energy will come your way from the other person and how good you feel in yourself.

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm so inspired to introduce you to Lina, whom I have known probably for about 4 years or so! She has inspired me with her faith, her love of her family, her hardworking ethic, and now her entrepreneurial endeavours! I just know you will find Lina to be a trailblazer of ideas, a leader, a visionary, a loving mother, and a woman of great integrity and deep faith! Love Karen x

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly; who errs and comes short again and again; because there is not effort without error and shortcomings; but who does actually strive to do the deed; who knows the great enthusiasm, the great devotion, who spends himself in a worthy cause, who at the best knows in the end the triumph of high achievement and who at the worst, if he fails, at least he fails while daring greatly. So that his place shall never be with those cold and timid souls who know neither victory nor defeat."

Theodore Roosevelt

"When we judge or criticize another person, it says nothing about that person; it merely says something about our own need to be critical."

Anonymous

"Flatter me, and I may not believe you. Criticize me, and I may not like you. Ignore me, and I may not forgive you. Encourage me, and I will not forget you. Love me and I may be forced to love you."

William Arthur Ward

Sincerely,

karen vella

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Offer Expires: 31st November 2012

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