

You're The One Newsletter

SAY Y-E-S TO LIFE IN 2013!

Issue 8 Vol 1: January 2013

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Dear Karen,

What's New With Karen

Welcome to January 2013! Crossing over into a New Year with a clean slate is an incredible gift and a moment where we get to choose how to deliberately live for the next 12 months! I wonder what an enriching, exciting, exceptional and extraordinary life you will create this year? To kick start our New Year off, I'd love to show you a concept which has the possibility to totally transform your year. Curious? Well, it all starts with 3 simple letters - that word is Y-E-S. What if you were to say Y-E-S to life - can you imagine how life would suddenly start working for you rather than against you? Perhaps in the past we have said N-O more often and found ourselves stuck, stagnant and living below our potential (in our comfort zones). But now it is time to enter our new phase. So say Y-E-S on behalf of your dreams, embrace risk, enjoy the possibilities and it is inevitable you will have the best year yet! Warmest Regards Karen

Mojo Tip: Say YES, Risk, & Enjoy!



Hugh Jackman, an Actor who takes risks

The 1st step on your marvellous Mojo mindset for 2013 on your year of Y-E-S is to not only become comfortable with the concept of risk, but to actually enjoy it! People with Mojo are charismatic as they are able to romanticise risk. They enjoy risk so much that they feel empty in its absence. This risk taking adds to their charmisma because others admire such courage. One cannot deny the risks that the lovable Australian Actor, Hugh Jackman, has taken throughout his career. No more so, than what some are calling, 'the role of a lifetime,' playing Jean Valjean in the film musical 'Les Misérables.' Our man of Mojo - Hugh Jackman - confided in his life-partner, Deb that upon accepting the role, he began having doubts about his ability to succeed. But the most important thing was Hugh had said Y-E-S! Hugh Jackman is like the rest of us - a person with his doubts and insecurities and fears - however because he had said Y-E-S he was already on the path of taking the greatest action towards his dreams. When we get fearful, we only need remember, it is because our dreams mean so much to us that fear is present! So, let's take a leaf out of Hugh's life mantra, and take the three steps: 1) say yes; 2) take the risk; and 3) relax and enjoy the journey. As we do so,

taking that leap of faith into that magical territory of Wonderland (the place of the unknown) - a wonderful territory where our dreams can become a reality. As we step into a New Year its a perfect time to make a decision to follow the beloved Hugh Jackman; we will never now what we could have been or accomplished had we not put ourselves to the test. It is time to stop holding ourselves back, to get out of our own way, and start saying Y-E-S to things that excite and even scare us. Remember all it takes is saying 3 letters - Y-E-S! When Hugh Jackman was offered that role of Jean Valjean he uttered those 3 letters - Y-E-S and he took that leap of faith, and the universe supported him on following his dreams. So, here's my suggestion, this year try saying Y-E-S - the positives are: you will build your confidence, your positivity, your energy and enthusiasm, your joy & your spirit will be soaring free like never before! All it takes for 2013 is 3 letters - Y-E-S!! I wish you a year of incredible opportunities and possibilities and your dreams coming to fruition!

Life Coach Tool: 5 Things To Say Y-E-S To!



The YES Dice

It is 2013! The year of Y-E-S! Saying Y-E-S to life means that you become a participator in life, rather than a spectator. Perhaps, in the past you may have been more of a spectator, because you were afraid to take that risk - but now you get the chance to live life from your full and highest purpose and potential. Perhaps in the past you have 'dreamed big' but said NO to taking the action, and following through. Once we say Y-E-S, it means we start taking the action on our path to our dreams. To start off with here are 5 overall things to say Y-E-S to which can have A powerful impact on your life.

Say YES to 'Love'

However, it is never too late to give love a go, whether that be to love an orphaned child, make a new friend, find a new partner, or love yourself more. Often when we have been hurt, we shutdown, and give up getting close to others again.

Say YES to 'Dreams'

This is the moment when you take your dreams from the 'dreaming' stage to the 'doing' stage. The time is now - take that leap of faith and discover that dreams can come true.

Say YES to 'New'

Whilst it can be frightening to do something new, sometimes we just have to 'jump it' and do it! Overanalyzing may keep us stuck in our fear. If something is whispering to your heart for you to do, give it a go! Accept that there is some risk involved - but the rewards will be immense.

Say YES to 'You'

An important part of saying yes to life, is speaking your truth, even if it may be unpopular to others. Your insights are unique to you and to live life fully it is about expressing your points of view - so step up, stand out from under the radar.

Say YES to 'Feedback'

There is a saying in NLP - there is no failure - only feedback. If at first you don't succeed, try and try again. Keep going, if you fall down, get up again, and you will build your courage and confidence in the process. The only true failure is stopping!

So - remember it is 3 simple steps! Say Y-E-S, then take that risk, and relax and learn to enjoy the journey! The Universe will support you on your path of dreams!

Be Inspired Article: 10 Questions with Alison Licciardello!**Who Is The Real Alison?**

I grew up on a small farm in central Victoria. I feel blessed to have had the opportunity to live on the land, and to know more than just city life. I learned about the cycle of life early (birth and death), experienced the extremes of the seasons (bushfires, droughts, the beauty of Spring, the coldness of Winter) without all the comforts we are used to in Melbourne. I studied in Melbourne, travelled overseas for a year, and then onto a career. I married and had children later than all of my friends. Having left it until last (by default), I enjoyed - and still enjoy - every aspect and moment of being a Mum. It is my greatest joy.

Which five words best describe you?

Engaging. Empathetic. Genuine. Witty. Caring.

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

I worked as an Administrative Assistant in the Human Resources Department at the TAB (now TABCORP). From that role, I moved onto roles in Training, Marketing, and Account Management. I became involved with the Mentoring Programme, in which the Executive General Manager of HR was my mentor. From TABCORP, I went onto a role with a national recruitment firm, and still work in recruitment and career consulting.

What's your proudest achievement?

In my professional life, my greatest achievements are working with candidates to secure the new jobs, and doing so in a manner that

builds their confidence, and helps them grow professionally. In my personal life, my two daughters (who are six and eight) are my greatest achievements. I hope to help them develop into educated, socially aware, kind and independent adults.

What's been your best decision?

Leave the corporate world to be a full time Mother. During that time, I formulated the plan to establish my own business in recruitment and career consulting, and I am enjoying building upon that.

Who inspires you?

The Governor General, Quinten Bryce. Gaye Waterhouse. Cate Blanchett.

What are you passionate about?

I love fashion, beautiful jewellery and art.

What's the best lesson you've learnt?

To trust myself - both instincts and intellect. I have lived long enough and experienced enough to be able to make sound decisions.

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

My Great, Great Grandparents who came to Australia on sailing ships.

What dream do you still want to fulfil?

To live in my dream home (big established garden, period house).

What are you reading?

Anh Doh's autobiography, The Happiest Refugee.

Daily Hint: Create your YES Sign

Thank you! Your Daily Hint this month, is to create a Y-E-S sign for your home, your car, your bathroom, your workplace - get used to the power of the word - Y-E-S and notice it's transformational ability to take you out of fear to possibilities! Be aware of what a positive tool it can be in your life! And remember to say Y-E-S to YOU!! It all starts with you knowing you are worthy of having a Year of Y-E-S! Happy New Year!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm incredibly excited to introduce you to Alison Licciardello, what a wonderful way to start the New Year, being inspired by a woman who loves to nurture people to find their ideal career. What a fabulous way to start the year saying Y-E-S to a change in direction! Alison can be contacted: alison@engage-evolve.com.au. Love Karen x

"Say "yes to life - and see how life suddenly starts working for you rather than against you."

Eckhart Tolle "The Power of Now"

"Yes is how you get your first job, and your next job, and your spouse, and even your kids. Even if it's a bit edgy, a bit out of your comfort zone, saying yes means that you will do something new, meet someone new and make a difference."

Eric Schmidt

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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OFFER:
Send the
YTO Y-E-S
Sign To Your
Lovedones!

This voucher entitles the holder to say Y-E-S to all the wonderful opportunities and possibilities of life - it enables the holder to not only believe in the beauty of their dreams - but to risk, take a leap of faith and take the first step of action, by simply saying Y-E-S!! If there is something you have been dreaming of yet have never had the courage to take action on, this voucher is your way of saying Y-E-S - I am worthy, I am ready, life is short and I am moving forward in the direction of my dreams. Send to your family and friends and most importantly to YOU!! (& remember to mention yto!)

Offer Expires: 31st January 2013

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