

You're The One Newsletter

FORWARD PROPULSION!

Issue 8 Vol 2: February 2013

In This Issue

What's New With Karen

Mojo Tip

Life Coach Tool

Be Inspired Interview

Karen Recommends



COMING SOON TO THIS SPACE!

2013 - Mojo Classes

2013 - Best Year Workshops

2013 - Webinars

2013 - New Products

2013 - 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 February 2013! During January, I took a rare 10-day breather from work, and spent time with my nephew - experiencing what so many others do in January - leisure, the beach, sun and relaxation. Whilst I enjoyed the "fun" and "leisure time" what struck me is the importance also of structure in our lives as well. So, now that we are in February, it is "back to business" and this is the perfect time to have a new tool that wil kick-start us out of the holiday mode and towards our goals for the year. For the next 5 months, I'm going to introduce you to a montly Tool which will assist you. The first one is how to get you into "forward motion" (which we all need especially when we are afraid to do things we dream of). May this tool help propel you into motion. Warmest Regards Karen

Mojo Tip: Push Through Pain & Truly Live!

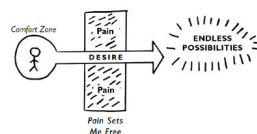


Phil Stutz & Barry Michels, Hollywood's Psychotherapists To The Stars

The 2nd step on your magnificent Mojo mindset for 2013 is to start a process of propulsion forward. People with Mojo know they need to take action and move forward (on anything they may have been avoiding). The person with Mojo knows that instead of avoiding things that may be painful for them, that infact the more they face the pain, and act on it, the more amazing opportunities come their way. In an essence they know how to overcome avoidance-behavior. We all know that a life lived being stuck and stagnant is no way to live out our full potential and explore so many of life's exciting opportunities. Many leading psychologists are aware that depression is a symptom of those that lack forward motion - so it is vital, that we know how to take action on the things we have been avoiding. Avoidance behaviour comes about because we perceive something that could cause discomfort, inspire fear or even dread. But people with Mojo act in the face of pain which helps get their life moving - they have developed strategies to get themselves to propel forward even in spite of their fear. They accept pain is part of life, and push through the pain barrier and live the most fulfilling lives. People with Mojo do not hide behind their pain barrier in their comfort zones because they know to do this would cripple their lives. A

perfect example is the dynamic duo of men of Mojo-Psychotherapists- Barry Michels & Phil Stutz (sometimes referred to as Hollywood's best open secret). Barry (coming from a law background and now in private practice as a psychotherapist since 1986) & Phil (coming from a prison psychiatrist background and now in private practice in LA after locating from NY in 1982) are Hollywood's most acclaimed psychotherapists with over 60 years experience between them. They have developed 5 dynamic and effective psychological techniques which can be used anytime or anywhere - which will propel you forward through whatever troubles or negativity are holding you back to find happiness, achieve your ambitions and fulfil your true potential. It is said that these two men run a private practice which helps Hollywood's A-listers to get them moving again - with their methods being used to treat writer's block, stage fright, and the standard trifecta of insecurity, envy and fear. The tool they use specifically for forward motion is one (which I will demonstrate later) which will connect you to a higher force, put you in a state of forward motion, and move through and past the pain. Clients are then able to see the world as less intimidating - which gives them so much fabulous positive energy and with a hopeful future! So, may you enjoy this month breaking out of the comfort zone/pain barrier and into the life of your greatest potential! Watch out - the red carpet may be laid out before your eyes!

Life Coach Tool: The 'Reversal of Desire' Tool!



The 'Reversal of Desire' Tool

Tool 1: Reversal of Desire

Use this tool when you need to take an action you've been avoiding. We avoid doing things that are painful, that cause discomfort, or inspire fear or dread. This tool allows you to act in the face of pain and helps you get your life moving again. Use the tool right before you act or whenever you think about doing something painful or difficult.

Exercise

Step One: Focus on the pain you're avoiding; see it appear in front of you as a cloud. Silently scream, "Bring it on" to demand the pain; you want it because it has great value.

Step Two: Scream silently, "I love pain" as you keep moving forward. Move so deeply into the pain you're at one with it.

Step Three: Feel the cloud spit you out and close behind you. Say inwardly, "Pain sets me free." As you leave the cloud, feel yourself transformed into pure light, moving forward with great purpose.

This tool will help you overcome the Pain Barrier (which stops us living life to the full). The beauty of this tool is that pain is relative - and we learn that when we move towards pain, it actually shrinks

- however if we try to avoid pain, it grows into a monster that pursues you. The only way to overcome pain is to desire it! You see when you desire something you move towards it and the pain shrinks. With this tool is a desire for an inner experience of victory over pain. Of course, this tool needs to be used over and over again!

Be Inspired Article: 10 Questions with Melissa Groom!



Who Is The Real Melissa?

I am nearly 41. Firstly I am mum to 3 beautiful children. I live in Kingscliff on the Tweed Coast 10kms south of Coolangatta. I am the founder of 'Mums In Business,' which supports and educates women who are in business or would like to start a business. I live by the beach and my favourite thing to do is walk along the beach with my dog and family. In 2013 we will be opening up new chapters of 'Mums In Business' around Australia so I'm on the look out for keen business women who would like to join the Mums In Business team.

Which five words best describe you?

Ambitious. Energetic. Loving. Visionary. Spontaneous.

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

My first job straight out of school was with the Commonwealth Bank. I then went on and studied secretarial skills and worked my way up from receptionist to Office Manager in an Accounting Firm. After having 3 kids all with special needs eldest son Nicholas 14 had a successful kidney transplant in Sep 2010, Grace 12 is anaphylactic to prawns and preservatives and food additives, and Matthew 11 has Aspergers, ADHD and ODD. I have been a stay at home mum. I did fundraising for the Sydney Children's Hospital and then when I became a single parent I re-educated myself and did a mortgage broker course, worked full time and had a live in Au-Pair. The kids and I both hated it so that when I decided to educate myself and launch an online business 'Toddlers To Teens Parent TV Show' in November 2011 and then 'Mums In Business' in 2012.

What's your proudest achievement?

My 3 children and business wise launching a web tv show 'Toddlers To Teens Parent TV Show' and then last year 'Mums In Business' which consists of weekly networking group, online magazine and business mentoring program and we have a Corporate sponsor the 'Greater Building Society.'

What's been your best decision?

Believing in myself and investing in myself.

Who inspires you?

People who do things to make this planet a better place for our children. Anyone from some of our members who are educating parents how to eat healthy, right up to Richard Branson who takes risks and keeps thinking bigger to Oprah who is so giving and has jumped over every obstacle to get to a position where she can do whatever she wants and she's doing great things with her wealth, power, influence and big heart.

What are you passionate about?

Helping people (particularly mums) be the best they can be - regardless of their education, background, or circumstances. Being a great role model to my children by being of service to others and not just thinking about myself.

What's the best lesson you've learnt?

Nothing is as bad as it seems after you've slept on it. There's always a positive in every situation.

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

Oprah because I think she has proven that no matter where you come from and through adversity you can not only transform your life but on a massive scale she has transformed so many peoples lives out of the goodness of her heart.

What dream do you still want to fulfil?

To rebuild my life and own my own home after losing everything in my marriage separation.

What are you reading?

'Jack of Diamonds' by Bryce Courtney and 'Aspergers, Bullying and School' by Sally Thibault.

Daily Hint: Practice Daily 'Reversal of Desire' Tool:

Thank you! Your Daily Hint this month, is to start practising daily the 'Reversal of Desire' tool. Say the words in the car as you are driving to work, or silently in your mind if fear is coming up (and you are in a room of others), use every opportunity to practice speaking it out and changing your energy. Watch out you'll soon be moving forward into areas where you were previously scared, and enjoying the process. Best of luck to you!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm delighted and thrilled to introduce you to Melissa Groom - a woman who does not let fear stand in the way of forging ahead with her vision for life and helping so many other people in her quest. Love Karen x

"Move out of your comfort zone. You can only grow if you are willing to feel awkward and uncomfortable when you try something new.

Brian Tracy

"Life begins at the end of your comfort zone."

Unknown

"If we are growing we're always going to be out of our comfort zone."

John Maxwell

Sincerely,

karen vella

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

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

M:0419570011 | B 03-93183711 |

E:karen@youretheone.com.au | W:www.youretheone.com.au

**Join 'MUMS IN
BUSINESS' - A
Fantastic
Opportunity
Awaits!**

Melissa is looking for keen business women to join the Mums in Business Team. Anyone interested can make contact with Melissa via her email below: admin@mumsinbusinessaustralia.com.au. You might wish to send on to your family and friends (& remember to mention yto!)

Offer Expires: 28th February 2013

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!