

# You're The One Newsletter

CONSEQUENCES FOLLOW DECISIONS!

Issue 8 Vol 9: September 2013

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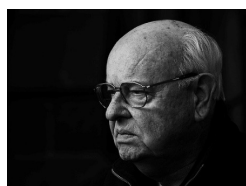
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## What's New With Karen

Welcome to September 2013! In August, as I hypnotically watched Big Brother over the first week, two thoughts emerged simultaneously. One: people are fascinating; and Two: consequences always follow people's decisions. Decisions - daily, we are confronted by hundreds of them (some trivial, like do I order a soy decaf or skinny mocha) and (some more challenging, like do I engage with that difficult person). There is no doubt that consequences come about because of decisions we make - so it makes sense that being a good decision maker leads to the consequences of experiencing a better quality of life. Now, if I may, let's go back to Big Brother, it became glaringly obvious during first round nominations, that the decisions people had made in the house in the first week had direct consequences upon them being nominated (for eviction). The good decision-makers (those who chose more diplomatic and fair ways of treating others etc) were at the bottom of the eviction board - remaining safe! The poor decision-makers (those who treated others unfairly or with disrespect, etc) were top of the eviction board! So how do we become better decision makers? This newsletter is dedicating to exploring some strategies to assist us making decisions with clarity, confidence and experiencing the wonderful consequences. Love Karen x (Happy Father's Day to My Fantastic Father and to all the Dads)

## Mojo Tip: Good Decisions=Good Consequences!



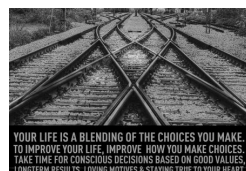
Father Bob Maguire

The 9th step on your momentous Mojo mindset for 2013 is to become an expert decision maker! People with Mojo have a formula they use for being excellent decision makers, some of which are listed here.

Firstly, people with Mojo know how to look after themselves - they keep fit & eat the right food, knowing that their state of wellness ensures their mind will be best placed to deal with any challenges that may come their way. Secondly, they are aware that the best decisions are made when they are relaxed and peaceful, so they schedule stress-free time out of their diaries for quiet time when making more important decisions. Thirdly, people with Mojo trust their inner voice - they use their intuition as an indicator of whether something is right or wrong for them - and don't go against this. Fourthly, people with Mojo have de-cluttered their mindset so they can laser focus on what truly matters to them and not on matters of non-importance. Fifthly, people with Mojo are relaxed and

comfortable with the decisions they make. They live in the realms of a flexible, resilient mindset and are not rigid if plans don't go the way they had hoped or make mistakes. Sixthly, these Mojo-esque role models have embraced the strategy of brainstorming around the pros and cons when faced with more important decisions. Finally, they have mastered the lesson of being true to themselves so they are very conscious of making decisions that are congruent with their own soul rather than sacrificing their own happiness to please others. A wonderful example of a fabulous decision-maker is the newly retired and much loved Catholic Priest, Father Bob Maguire, known as the 'People's Priest'. In his book 'Father Bob - the Larrikin Priest,' I was very touched reading that at around 12 years old, in post-war inner Melbourne society, after witnessing a lot of boys become juvenile delinquents, he made a decision to take charge of his destiny and of other young boys. As he says in his book, "I saw so many little kids go off like bottles of stale milk. People didn't expect much of us. So we came to some kind of a collective awareness that we, as little boys, may well end up in trouble like other little boys who we must have been hearing about, and were determined not to end up like them." After not having even a room at the Church to meet, read and play, he realised he could try to take charge of his own destiny, as best he could to become proactive in his life. Following on in his book Father Bob says: "So Brian and I and a couple of others banded together to do something about it. We made a pact: we weren't going over to the darkness; we weren't going to segue into delinquency. We must have realised that you can alter the way things are, but that you're not going to be able to do that just by wishful thinking. We had to take action, we had to take charge of our own destinies, rather than leave it to others....We then did a big BYO and DIY (sign): fortunately there was another little boy whose parents said we could meet in their front room. So we met in there.' I loved reading this part of Father Bob's story and how he made a clear, confident decision that had wonderful consequences for himself and the other children and possibly was one of his most life defining decisions from then onwards. That to me is good decision making! So, I hope you are truly inspired now about making your decisions. Finally, let's all take a leaf out of Father Bob's book of life: Look after self, look after others, do right, follow your instincts, be resilient when you make a mistake, follow what is truly important to your values, and move forward confidently knowing you are doing the best you can. Father Bob is an amazing role model of a man who came from one of the harshest childhoods I have ever read only to become a Priest and help many many people in his lifetime (and still doing so)! May your decision making powers lead you to where you are truly destined to be!

### **Life Coach Tool: 7 Tips-Improve Your Decision Making**



***Your Life is a Blending of the Choices You Make***

**Tip 1: Look After Yourself:**

Take care of your fitness and eat right (recent studies show that best decisions are made when the blood glucose levels are stable - best

to have low GI foods).

**Tip 2: Take Time Out:**

Schedule time out stress-free (a recent study showed that stress can interfere with good decision making, as it indicates that we tend to focus more on rewards and less on risks of the decision we are trying to make - thus jumping in without allowing us to stand back and evaluate the whole situation with some perspective).

**Tip 3: Trust Your Gut:**

Trust your intuition (research also indicates that the human brain has the capacity to intuitively process large amounts of information without us even being aware of it so instincts are very valuable).

**Tip 4: What's Important To You:**

Cut down your choices and focus on what is truly important (even Barak Obama stated last year he cut down his suit choices to grey and blue so he could focus his decision-making focus on important choices, rather than trivial ones).

**Tip 5: Be Comfortable With Decisions:**

Be comfortable with your choices (its better to be flexible, and resilient and If you make a mistake, let go of any catastrophising or black and white thinking).

**Tip 6: Brainstorm Pros & Cons:**

Brainstorm all the pros and cons (for big decisions it may help you to do your due diligence by exhausting your list of brainstorming pros and cons).

**Tip 7: Make Yourself Happy:**

One thing is for sure; if you try to only please others you'll end up making yourself unhappy (remember it is not about 'what others think' or what you think you 'should' do).

*Would you like a little reminder of a formula for being a good decision maker? Here it is in a nutshell: Look After Self-Body/Mind+When Making Important Decisions Schedule Stress Free Time Out+Trust Your Gut+Prioritise What is Most Important+Be Flexible, Resilient & Learn From Mistakes+Brainstorm Pros and Cons+Do What Makes You Happy! You are now on the way to reaping the rewards of great consequences from your wonderful decisions - with a restful spirit - knowing you are heading in the right direction.*

**Be Inspired Article: 10 Questions with Samantha Vella!**



**Who is the real Samantha?**

Hi my name is Samantha Vella. I am 43 year young and reside in

Dubbo or 'Dubvegas' as we country folk like to say. I am currently working as a Welfare Officer at a maximum security gaol and as you can imagine my working life is never boring. HOWEVER I am currently at a major turning point in my life, maybe approaching 'the old mid life crisis' perhaps, where I am in the process of re-evaluating where I am at the moment and where I would love to be. I believe I am a bit of a gypsy at heart and unfortunately too easily become frustrated and bored with performing the same job and living in the same place. I am ready to head back to the 'big smoke' and to experience this life through fresh and untainted eyes. At this point in my life I want to really start enjoying life and fulfilling my 'Bucket List.' For the first time in a long time I am really excited about what lies ahead of me and I want to START living. I have always dreamt of leading an unconventional life and not conforming to what society views as success. At 43 I am not about to get a tattoo, buy an extravagant car and house but I WILL lead an extravagant life in being able to achieve inner peace - as to me this is my ultimate dream.

**Which five words best describe you?**

Loyal. Hardworking. Empathetic. Comical. Introspective.

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

First job was whilst at high school as an Avon Representative. Since then I have taken a long winding path and have undertaken a hotch potch of positions including Governess/Nanny (in Arnham Land, NT), Cleaner, Legal Secretary, AUSTSWIM teacher, Case Manager, Integration Aide, Client Service Officer, Area Manager, Bread Opener and Squasher, Children's Contact Service Worker, Clerical Officer, Medical Secretary, Pathology Collector, Kitchen Hand, Residential Support Worker (working with disabled), Pet Attendant, Mystery Shopper, Business Owner, Shopkeeper and my current position, Services and Programs Officer (i.e. Welfare Officer at Gaol), however my ideal job would be to work with animals in some capacity.

**What's your proudest achievement?**

My two teenage children and achieving dux of Year 12.

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

Having children.

**Who inspires you?**

My family, my animals and self-inspiration.

**What are you passionate about?**

Equality, addressing bullying, my family, animal rights and human rights.

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

Life is precious, don't waste it.

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

Elvis Presley.

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

Travel around the world and secure the job of my dreams.

**What are you reading?**  
Revisiting 'The Secret.'

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**Daily Hint: Practice Making Good Decisions :**

Thank you! Your Daily Hint this month is to print out your affirmation in the Voucher section below, and start saying this on a daily basis. Soon you will start to see yourself as a very good decision maker and your confidence in making decisions will increase. Remember, it is important to base your decision on your values, and by being true to your heart, mind and soul so that you are comfortable with your decisions (and they are based on your own truth, not on pleasing others). Enjoy your better decisions with better consequences!

*I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm so happy to introduce you to my beautiful sister, Samantha. Sam is a strong, brave, protective and loyal person. Be inspired by Sam, who is currently re-evaluating life and courageously making decisions that lead to the life of her dreams - the path to inner peace. Love Karen x*

*"People make mistakes - they say things they shouldn't have or didn't necessarily mean. But I strongly believe in consequences. If there are none, someone might feel like they've gotten away with something, or that what they said couldn't have been that bad."  
Katherine Heigl*

Sincerely,

*karen vella*

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**AFFIRMATION  
JUST FOR YOU  
(for better decision  
making)**

"My life is a blending of the choices I make. I improve my life by improving my choices. I take time for conscious decisions based on good values, long term results, loving motives and staying true to my heart."

This Affirmation is for you to say on a daily basis over the coming month, and to pass on to family and friends who may want to start making better decisions. (& remember to mention yto!). [karen@youretheone.com.au](mailto:karen@youretheone.com.au)

**Offer Expires: 30th September 2013**

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