

You're The One Newsletter

YOLO!

Issue 9 Vol 3: March 2014

In This Issue

What's New With Karen

Mojo Tip

Life Coach Tool

Be Inspired Interview

Karen Recommends



COMING SOON TO THIS SPACE!

2014 - Mojo Classes

2014 - Best Year Workshops

2014 - Webinars

2014 - New Products

2014 - 1 on 1 Life Coaching

And more....

Quick Links...

[Our Website](#)

[Products](#)

[Services](#)

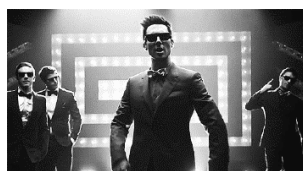
[More About Us](#)

[Join Our Mailing List!](#)

What's New With Karen

Welcome to March 2014! During February a girlfriend of mine and I were discussing the phrase 'YOLO' which is a term that a lot of youth use for "you only live once" ie YOLO-IT!! Whilst I love this phrase when it is used to spur us on to do positive things in our lives and live life by design, there seems to be an undercurrent in our society where YOLO is used either immediately preceding/following a reckless act/dare which can result in dangerous consequences. So, I got to thinking how we can inspire ourselves and others to YOLO-IT in inspirational and amazing ways. A couple of great examples are the US Comedy Troupe, The Lonely Island, who created a hilarious video with YOLO being an acronym for (you outta look out) which takes the 'cool' out of taking extreme risks and promotes extreme care in funny ways! Another example is a US Clergyman who uses the term YOLO to inspire youth to look out more for others (you only live once - so look out for others). I must admit I do love the term YOLO and this month let's explore how we can YOLO-IT in positive ways! Love Karen xxx (PS Happy Birthday Mum for 1st March and Dad for 2nd Marchxxx)

Mojo Tip: YOLO-It!



Lonely Island & Adam Levine (Kendrick Lamar not featured)

The 3rd step on your marvellous Mojo mindset for 2014 is to YOLO-IT! People with Mojo YOLO-IT in positive ways!! At the end of 2013 the Oxford English Dictionary shortlisted YOLO as the English Word of the Year and it has become somewhat of a cultural sensation. Dating back to 23BC, people with Mojo have followed the path of the Latin Poet, Horace, when he invited society to 'Seize the day' (carpe diem). YOLO nowadays is its modern equivalent. However, people with Mojo know how to distinguish between YOLO for good or YOLO for not so good!! Yes there is a darker side to YOLO. For starters, it was also named as one of the most annoying words of 2013. It also has a negative publicity when it has been used to dare others with YOLO, immediately preceding or after adolescents/young adults carry out risky, reckless or even dangerous behaviour. Some of these YOLO promptings have even led to death. There have been even people who call themselves 'YOLOs' saying they don't want to live past 30 and expressing complete disregard for their long term lifestyles. So people with Mojo are aware of this social phenomenon and look actively for ways to show others how to live with the true YOLO mindset it was originally intended for. A great group of Mojo

role models who demonstrate this are the Comedy Music Troupe 'the Lonely island' (graduates of US Saturday Night Live) who have teamed up with Adam Levine (Maroon5) and Kendrick Lamar (rapper of the moment) to subvert YOLOs meaning into a cautionary tale of advice. Rather than promoting YOLO (you only live once) which has both negative and positive consequences, they have instead turned YOLO upside down by stopping kids from thinking it was cool to take dangerous risks. These Mojo-esque role models can be seen on you tube with the rapper Kendrick Lamar's lyrics "You only live once. This life is a precious gift. So don't get too crazy. It's not worth the risk." Followed by really funny warnings about drugs, not cooking meat property, and taking the stairs. It ends with YOLO being redefined as "you oughta look out." Since The Lonely Island's take on YOLO, people now use it for things like "pumped to meet with my long-term financial planner tomorrow! #yolo." Or "stayed in to recover from cold! #yolo." The lesson we are meant to learn from YOLO is the reminder of our human frailty, and that as life becomes more scarce, we are meant to devote more time to activities and relationships that promote positivity and feeling good. So the next time you share your voice on YOLO - YOLO-IT - for good!!

Life Coach Tool: 12 Ways to YOLO-It!



YOLO- you only live once

On the subject of YOLO - 'you only live once' I recently read about Travis Bell who has a new book called "The Bucket List Bible." Trav is an expert in creating bucket lists and has created his own philosophy around it. The most important thing is that Trav lives it. So, be motivated by 12 Ways to YOLO-IT (inspired by Trav Bell):

12 Ways to YOLO-IT!!

1. List 5 people you would like to meet (heros)
2. List 5 things you'd like to achieve (achievements)
3. List 5 things you'd like to own (treat yourself)
4. List 5 ultimate challenges (challenges)
5. List 5 personal fears to conquer (victory)
6. List 5 things you'd like to do for others (contribution)
7. List 5 ways you'd like to express yourself (self-expression)
8. List 5 things you'd like to learn (learnings)
9. List 5 things you'd like to leave as a legacy (legacy)
10. List 5 idiotic things you'd like to do (fun)
11. List 5 things you want to do to satisfy your curiosity (curiosity)
12. List 5 travel adventures you'd like to explore (adventures)

Now you have a tangible list of things that you would love to explore that have personal meaning for you. There are at least

60 ways now for you to YOLO-IT in a positive way!! SO GO FOR IT - YOLO-IT!!

Be Inspired Article: 10 Questions with Tammy Swann!



Who is the real Tammy?

My name is Tammy Swann and I have just recently turned 50. I have been married for 26 years and have two wonderful daughters that are 23 and 20. I have always lived in Melbourne and even though it can be cold in winter I wouldn't want to live anywhere else. I am currently employed at eastern health pathology and I have been with them for 15 years. I work in the lab and I find this job interesting and challenging as I am always learning something new.

Which 5 words best describe you?

Friendly. Happy. Loyal. Reliable. Compassionate.

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

My first job was when I left school at 18 and I was employed at berlei bras. I was there for 8 months when the company closed down the Melbourne branch. I then got a job at Prince Henry's hospital on st Kilda rd which is no longer there. I worked there for 5 years which was the start of my working life in the medical field. I have over the years worked in radiology, medical records and am now working as a lab assistant in pathology at Angliss hospital.

What's your proudest achievement?

Having a happy successful marriage and being a mum.

What's been your best decision?

Having a family.

Who inspires you?

My family and close friends.

What are you passionate about?

My girls and their future happiness.

What's the best lesson you've learnt?

If you are not satisfied with a medical diagnosis keep pushing until you get answers.

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

Hugh Jackman.

What dream do you still want to fulfil?

Hopefully travel overseas in 2015.

What are you reading?

"A Human deadline" by Derryn Hinch.

Daily Hint: Find 60 Ways to YOLO-IT!!

Thank you! Your Daily Hint this month is to come up with 60 ways to YOLO-IT! The above exercise will give you those 60 ways. Seize the day and get started on the first steps on these, making sure you are moving forward to get these incorporated into your life this year!! Live Life Now!! YOLO-IT!!,

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm delighted to introduce you to my cousin who after many years has been reunited into our family (on my Father's side)!! Tammy being reunited with my Uncle (her Father) and being welcomed back into our family is one of the best events that has ever happened to our family. We all adore Tammy who is such a positive, compassionate person and is a wonderful example of seizing life and living it fully each and every day! Be inspired by the beautiful Tammy. Love Karen x

"YOLO means You Only Live Once, so instead of using it as an expression to do whatever you want, use it as an expression to live life right, because you only get one chance at life."

Kaley Ali

Yours 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

**YOLO
VOUCHER!**

This voucher entitles you to a month of YOLO "you only live once" experiences!! Send it on to your family, friends, and colleagues so that they can dedicate this next month to following their heart, their dreams, and living life to the full!! (& remember to mention yto!).
karen@youretheone.com.au

Offer Expires: 31 March 2014

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 - thank you!

