

You're The One Newsletter

CELEBRATE LIFE'S SEASONS

Issue 9 Vol 5: May 2014

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What's New With Karen

Welcome to May 2014! During April I searched within myself on how to best be a ray of hope and light to others during times of suffering. I pondered how best to empathise and support - yet to give hope and remind them of the temporary nature of the trial. With the spirit of Easter recently upon us, I found this the perfect time of reflection on the cyclic and seasonal nature of life - a reminder of hope and rebirth after the dark. Let's remember that just like our changing seasons, the winters will pass, and joy and optimism will return once again. This month is devoted to YOU to know that a shift is coming, to never give up, and your time of harvest will come. May we all remind ourselves, and our loved ones that whatever season we are in, it is only temporary. It will pass. There will be a shift. There will be the promise of reward, joy and celebration. Love Karen xxx (Happy Birthday to My Beautiful Sister Andrea for May 20!)

Mojo Tip: Your Harvest Will Come

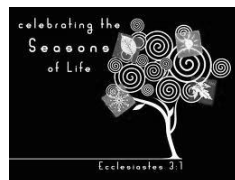


The Late Jim Rohn, Entrepreneur, Author & Motivational Speaker

The 5th step on your magical Mojo mindset for 2014 is to embrace the seasonal nature of life, knowing that the darkness will give way to the light. People with Mojo have learned to lean into the seasons of change in life, and not resist them. They accept the seasons of loss, the seasons of new beginnings, the seasons of harvesting, and the seasons of rewards. These Mojo-esque role models know that in spite of the change, in spite of the shifting, in spite of the storms, in spite of the sun going down, in spite of the clouds or rain, that they still have so much to be grateful for. They have learned to be in step with the cycles and can often find both good (and God) in everything. They ask themselves the question "What would God have me do in this season of my life." They do not give up, for they know that God blesses and shows his grace in every season. When thinking about a perfect role model, who better, than the late American Entrepreneur, Motivational Speaker & Author, Jim Rohn. Jim sadly passed away in 2009 but left such a legacy. In his book 'The Seasons of Life' Jim beautifully demonstrates the parallels between life and the inevitability of the changing of seasons. Jim's motto is that each season will undoubtedly change - and guides us how to utilize each

season to get the greatest rewards (ie what to do in one season to ensure success in another). Jim empowers others to see that their winter in life will eventually give way to spring. His philosophy is based on the parable of the sower and the reaper, and that a life built on good foundations will always lead to rewards, celebrations and success. And that the dark times of winter where we face our challenges, make us stronger and more powerful so that when they come around again, we know how to endure through them. The beauty of Jim's message is that 'In due season your time will come.' 'If you have paid the price, done the work and lived with integrity you will be rewarded. So whatever season you find yourself in right now, know that just like the cyclical nature of weather, your time too will come. Soon, your dreams will come to fruition and you will be celebrating beyond your dreams. Enjoy - let go - lean into and flow with the cycles of life. Your time of harvest and joy will come. Love Karen

Life Coach Tool: Lessons from Life's Shifting Seasons



Celebrating Life's Seasons

Jim Rohn describes The Seasons of Life beautifully with these adjectives:

1. The ***Drama*** of ***Winter***
2. The ***Magic*** of ***Spring***
3. The ***Work*** of ***Summer***
4. The ***Joy*** of ***Harvest***

So, let's take a look in more detail how to embrace these as part of the journey that takes us from the change of one season to another:

The Drama of Winter

We are all touched by winter when we have those personal challenges to go through whether these are challenges at home with family, or in neighbourhood or challenges in our personal lives. We need to be prepared for the Winters for they are part of life. As we endure each winter we become stronger, more powerful, more confident, knowing we can handle them whatever they may bring. That is the drama of winter.

The Magic of Spring

Spring is the time of the magic of opportunity. When we get a chance to start a conversation with someone new with the possibility of the magic of a new beginning. It could be in our next business meeting, or training class. Or it could be in our personal lives, like a first-time experience of becoming a parent. Spring is also when we get an opportunity to touch others lives and give them a chance at a new opportunity.

The Work of Summer

We spend most of our time in the work of summer. This is a time when we nourish like a mother, and protect like a father (ie.

nourishment = inspiration of a good idea, showing others how to be successful, giving our attention to someone, showing patience) or (ie protection = looking after the family by not letting any harm come to them, to reassure, help make wise decisions.). It is also about doing the work on ourselves so as not to let any negativity steal us of our promises. Overall, it is about building our life on the solid foundation of integrity, and preserving, protecting and defending the honor and integrity of each other.

The Joy of Harvest

The joy of harvest is knowing that in due season, one's harvest will come. One's business will grow, one's relationship will improve, one's health will recover, one's finances will flourish. Having lasted through the work of summer, the joy of harvest arrives. One is now in a position to do more for others, or to be recognised for the difference one has made. It's a happy time when one gets to start a new life, lifestyle, an exciting adventure - and to celebrate and be rewarded!

So, remember, whatever season you are in, in due season your time will come and you will reap the rewards. So whatever season you are in - whether it be the drama of winter, the magic of spring, or the work of summer - know that you will soon be reaping the celebrations and rewards and joy of harvest!

Be Inspired Article: 10 Questions with Tony Hughes!



Who is the real Tony?

I am 68 years young, have been married for 31 years, and have amazing twin daughters, Alexander and Sarah, who are 28 years old. I was born and grew up in a working class family in Guildford, Surrey in England. Being determined at quite a young age that I wanted something better, at 23 I set off in search of adventure and went to Canada for two years. During this time I did numerous odd jobs including some manual labour in the beautiful Rocky Mountains working for Canadian National Railways. Whilst living in Vancouver that I became friends with several Aussies who convinced me that I had to visit their wonderful country one day. I first arrived in Australia in 1973 and having immediately fallen in love with Sydney I have stayed here ever since.

Which 5 words best describe you?

Modest. Conservative. Caring. Flexible. Humorous.

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

At school I thought about being a Pilot, Customs Officer or an Accountant - accounting won but not for long. I then joined AMP in the UK selling life insurance, enabling me to get a visa to work in Canada. Two years later back in England I was hired by my friends' Insurance Company, subsequently inviting me to set up an office in Sydney. However, due to financial problems with the company in the UK, I then became a Car Salesman, a Sales Rep with Air New

Zealand, and then six years with Citizen Watches as NSW Sales Manager and National Sales and Marketing Manager. After studying Marketing, I then spent the next 30 years in the IT industry until my retirement two years ago. For the last 23 years of my career I was General Manager Asia Pacific for two American Software Companies, the last one becoming French owned. My job consisted of managing offices in Sydney and Tokyo, negotiating with customers in most Asia Pacific countries and attending regular meetings in the US and Paris.

What's your proudest achievement?

I'm lucky to have met my wonderful wife Lynne, and having two gorgeous daughters, of whom I'm very proud.

What's been your best decision?

To join the Personal Computer industry whilst in its infancy and ride the phenomenal wave for 30 years.

Who inspires you?

I have a few close friends who are successful and inspirational. Not only have they made me feel the need to achieve and push myself beyond my comfort zone, they have also made me take up golf, sailing and motorbike riding.

What are you passionate about?

I'm passionate about seeing people succeed by getting off their butt, taking a few chances, not listening to people who say 'no' and working hard to achieve their goals. I am a great believer in creating wealth from real estate.

What's the best lesson you've learnt?

Don't take life too seriously. Most bad things eventually pass by and today's major problem will hardly be remembered in a few months' time.

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

John Cleese - he's smart, intelligent and so entertaining.

What dream do you still want to fulfil?

Now that I am retired I want to spend as much quality time as I can with my wife and kids and help where I can to make their lives rewarding and fulfilling (that includes learning new things, travelling to new destinations and laughing a lot). I'm currently re-learning my schoolboy French with one of my daughters ready for a motorbike trip through France in June.

What are you reading?

Bob Ansett's autobiography. I just picked up a copy when cleaning out my study. Must have had it nearly 30 years, never read it before, but still totally relevant and inspiring.

Daily Hint: Repeat daily "all is well" mantra

Thank you! Your Daily Hint this month is to make a decision that each day this month say "all is well" to yourself. Whatever season you are in repeat "all is well." This is a wonderful way to learn to go with the flow of whatever season you are in, and accept that it is as it is, but it too will pass. You may wish to pass this on to family,

friends, colleagues too.

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 Uncle Tony (married to my beautiful Aunty Lynne). Tony is a person always interested in personal development and I've many inspiring conversations with him. I love his approach of not taking life too seriously - and on the theme of this month - knowing difficult things will pass. Enjoy being inspired by Tony, whom is a great role model, not only as a business mentor, family man and for the person he is. Love Karen x

"Expect to have hope rekindled. Expect your prayers to be answered in wondrous ways. The dry seasons in life do not last. The spring rains will come again."

Sarah Ban Breathnach

Yours sincerely,

karen vella

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**YOUR
BLESSING IS
ON ITS
WAY!
Voucher**

Print out this voucher and send it to friends, family, colleagues - anyone who is going through any challenge. This voucher is a reminder that just like the changing seasons in life, life's challenges will pass. Tomorrow is a new day with the chance of a new beginning, so appreciate every moment you have on this planet and be grateful for each day with your loved ones. YOU are due for a blessing!(& remember to mention yto!)karen@youretheone.com.au

Offer Expires:31 May 2014

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