

You're The One Newsletter

THE ART OF INTELLIGENT WAITING

Issue 9 Vol 6: June 2014

In This Issue

What's New With Karen

Mojo Tip

Life Coach Tool

Be Inspired Interview

Karen Recommends



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What's New With Karen

Welcome to June 2014! During May I found myself quite often having to draw upon the gift of patience. On many occasions, striving towards one of the long-term goals (knowing I still had another 3 months to go), I found myself "not enjoying the journey" and instead "wanting to be at the finish line." On other frequent occasions, when slowed down by my computer IT issues, I was reminded by my IT Consultant of the lessons he had learned from his Father and the world of IT, that being the "art of patience." So, I looked for what this theme of "patience" was teaching me, and I discovered that there is an "art of intelligent waiting" and that it is often in our lives for a reason. It is a gift to learn to be patient and has many hidden benefits that we may not be aware of. So, this month I'm sharing with you my exploration around the theme of patience. May your wait be peaceful and productive and may you build the muscle of patience until it becomes second nature! Love Karen xxx

Mojo Tip: The Beauty of Watching Life Unfold



Lisa Wilkinson, Co-host of Channel 9's Today Program & More

The 6th step on your magnificent Mojo mindset for 2014 is to master the art of patience. People with Mojo know the importance of remaining composed, balanced and patient. Because of this they are extremely mindful of gauging what is happening in their inner life, knowing that uncomfortable moments that arise are only temporary. They are masters therefore at interrupting emotions such as agitation, anger, judgement or criticism - processing and releasing them - before these become manifest in the outer world, leading to future regrets. In a nut-shell these mojo-esque role models have mastered the art of living comfortably through and beyond unpleasant moments. Knowing that problems are impermanent, they also develop resolve to make changes and decisions, rather than stay passive or avoid things. They are really masters at control of emotion and creating solutions. These mojo-esque role models have learned to fully appreciate the joy and beauty of watching life unfold, and that life unfolds in spite of impatience. When I think of someone who inspires me each day with their patience, I think of

one of my favourite role models, Lisa Wilkinson. Lisa is a wife and mother, a journalist, public speaker, corporate presenter, event facilitator, leading business mentor, and may be best known to many as co-host on Channel 9's "Today" program at 6-9am each morning. I am always comforted by Lisa's warmth, her composure and her patience as I am preparing for the day ahead. I'm one of her biggest fans. In the many years that I have viewed and admired Lisa I have never seen her lose her patience, with her colleagues or any of her guests (no matter how difficult or challenging). Lisa simply stays patient, smiles and enjoys the journey. Lisa is happily married to Peter Fitzsimmons and has 3 beautiful teenage children and she credits a lot of her patience to motherhood. Lisa says that rising each morning at 2am for the Today show reminds her of those breast-feeding nights with them, back when they were babies. Of parenting, Lisa says "Nothing prepares you for the joys, the surprises, the worry, the aching love and the reserves of patience you need." I think Lisa demonstrates patience beautifully in her professional and personal life. She takes a breath, pauses, and decides how best to react in all circumstances, and comes up smiling. I have rarely seen her ruffled. I think we can all take a leaf out of Lisa's book. Afterall, think of how many times we can save ourselves from over-reacting, from saying the wrong thing, making the wrong decision, or getting into any negative state. Let's learn instead, to take a breath, take charge of our emotional state, make a positive decision to let things go more, and enjoy the journey with a smile! With the fast pace of modern life, we get many opportunities each day to practice patience. So, aaah, take a breath, relax, let go, accept, and move on! Here's to your patience bringing you so many rewards and helping to reduce the world's stress.

Life Coach Tool: Five Steps to Master Patience



Lyrics to Guns & Roses Song 'Patience'

I believe if you use this simple 5-step process below, any time you feel you are about to lose your cool, or feel your impatience rising up, you are sure to master the art of patience. Good Luck!

The Five Steps To Become More Patient

Step One: When something or someone gets under your skin, don't say a word

You may feel at the end of your rope, but do not say a word. This gives your mind time in the silence to process what is going on. Tolerant people remain silent thus avoiding words they may likely regret later.

Step Two: Recognize that it is your problem, not theirs

Accept that you can't control others and that others can't "make you angry, frustrated or upset". You are responsible for your reactions and how you respond to others. Realizing this fact assists you to keep the focus on yourself rather than on the other person, putting you back in charge.

Step Three: Ask yourself why you are so upset?

To gain patience, you need to find out what is making you impatient - to own it and name it. This may require you sifting below the surface to find out exactly what is getting under your skin. You can't deal with something you don't understand.

Step Four: Look for solutions

Now you have isolated the true cause of your frustration, it is time to creatively look for ways to relieve the stress /anxiety so you are not pushed to the limit. The ideal is to come up with a win/win solution.

Step Five: Keep your perspective

Sometimes, despite your best efforts, your emotions can still override your logic. Even if you don't say a thing out loud to the other person, it is important to still recognize if you are frustrated it is you and not the other person's fault. It is about working out why you're so upset and coming up with a solution. You may at times feel like it is the straw that broke the camel's back and lose your cool. If you can keep your perspective in times like these, it makes outbursts that you later regret much less likely. Remember, though you care and are upset right now, perhaps in 5-10 years it won't even cross your mind. So, ask yourself, Is this really an issue worth putting this much energy into. If the answer is no, then let it go. If the answer is yes, put some thought into how you're going to deal with the situation so it doesn't blow up in your face. Pull the emotion out of it and actually work on the problem.

Mastering the virtue of patience can be done! Even though it takes some practice to build the muscle, remember, it can be done. The benefits are numerous - It will make you feel better about yourself. You will be calmer and more in charge of your life and it will feel amazing! People will feel good around you. Breathe, smile and stay patient.

Be Inspired Article: 10 Questions with Judi Minckler!**Who is the real Judi?**

The real Judi Minckler is a very outgoing introvert. I love people, meeting new people, going to parties, workshops etc (mine and others!). But I would say I just love getting on my own and sitting in nature or by the pool and reading. I love my books - all kinds - reading gives me time for reflecting. This time is essential to me. I would do anything for anybody (within reason!) as long as I have my ample time of solitude. In the field of helping people with their life management and health it is easy to get burned out, so I am very protective of this. But like I said, I love to be with my friends and have a good laugh. Life is such a party to be enjoyed - but so is solitude - life balance. We are meant to learn as much as we can and enjoy as much as we can on our life journey.

Which five words best describe you?

Curious. Caring. Ambitious. Determined. Fun Loving.

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

I had a job with the British Columbia Provincial Government in the Government Agents department and I loved it. I learned a great work ethic there; the work was so varied, I learned a lot about life - Births, Deaths & Marriages. I got to sit in on peoples civil marriages as a witness (that was my favourite part), collecting car registrations was fun (I got to see everyone in our small town during that period!!) I was only 19 years old and all the young fellows would come in and I was forever being asked out - I never did go out with any of them as I was dedicated to my first love of that time but it was certainly a great ego booster for a young girl!!!.

What's your proudest achievement?

After 30 years in the Airline industry, I went back to study and took up Life Coaching and NLP. Upon graduation, I was so proud to open my business in a gorgeous little office in St Kilda. This empowered me so much. I felt unstoppable - my business started off slowly but learning more and more about the business and marketing - it flourished. I loved my work and I really felt I was contributing something very valuable to people's lives.

What's been your best decision?

Agreeing to go out on a second date with Chris even though I didn't really want to -18 years later -11 years married!! Second impressions are sometimes much clearer and lasting than first ones!!

Who inspires you?

Jim Rohn (gone to God now), the Grand Daddy of Personal Development. I really love listening to his old presentations. His grass roots wisdom, his humour, his humility has inspired me immensely and thousands of others. I would love to be the female equivalent in the holistic healing world. R.I.P. Jim, I miss you.

What are you passionate about?

Making a difference in people's lives with their health, physically and emotionally. Taking the overwhelm out of their lives and facilitating them taking independence of their health and well-being.

What's the best lesson you've learnt?

That people have their own journeys. Sometimes we want to help them so much and even though it hurts to see them not taking "my advice" (It really hurt to watch what was happening) but I learned that even if harm was going to come to them, I had to let go and respect it was not my decision. It was their life and their personal journey. This was a huge lesson to learn. It has been very freeing for me to remember this. In my work I see a lot of people with terrible life challenging illnesses. Often they will not take on board what I know will heal them or ease their pain. It breaks my heart to see them suffer sometimes so needlessly. So I really needed to learn non-attachment to their choices. It has really changed the way I work with people. Accepting that their decisions (whether I think are right or wrong) are theirs and they are entitled to them as it is their personal life journey.

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

Nelson Mandela.

What dream do you still want to fulfil?

I am currently developing my Aromatic Medicine business here in Australia which is going well. I also just started a team in Canada and my dream is to be able to travel back and forth combining business with the pleasure of catching up with friends and family in both countries. I consider both my home and want to spend equal time in each. I have homes in both. Canada is being rented out for now but I dream of the day it is just left vacant for me to come and go as I feel.

What are you reading?

'The Slight Edge' by Jeff Olsen.

Daily Hint: Take Every Opportunity Daily to Be Patient

Thank you! Your Daily Hint this month is to practice the 5 step mastering patience process. Take every opportunity this month to be mindful of allowing life to unfold, enjoy the journey and remain patient. Notice how your stress levels decrease and your happiness increases. Smile more! Be patient! Live and let live!

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 Judi Minckler. Judi was one of the first Life Coaches I met before I decided to become a Life Coach and she inspired me with her beauty, wisdom, and fun-loving nature! Allow yourself to be inspired by Judi's way of allowing life and other's lives to unfold in beautiful ways. Love Karen x

*'Patience is the companion of wisdom.'
St Augustine*

Yours sincerely,

karen vella

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If you would like a consult with Judi Minckler, you can contact her on 0425 711688 or sagewomen@gmail.com. Or you can find her on Facebook and she would love it if you would like her pages - Sweet Smell of Success Pathway (for home business opportunity) and Fragrant Pharmacy (lots of information and tips for applying Aromatic Medicine). If you have any health concerns, you can message her and she will happily give advice and protocols to healing naturally. Fragrant Pharmacy can give you pure, potent and cost effective solutions to your health challenges. Combine Health and Life Coaching - packages available. Pass this on to family and friend and (& remember to mention yto!)karen@youretheone.com.au

Offer Expires: 30 Jun 2014

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