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SACRIFICE NOW FOR SUCCESS LATER

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What's New With Karen

Welcome to July 2014! During June I unravelled these beautiful words from a scroll which said: "Whenever you see a successful person, you only see the public glories, never the private sacrifices to reach them." This truly resonated with me as I identified with the concept of sacrifice in the short term for longer term rewards in the future. There is no quick path to success. However, often we misjudge someone's success (overlooking the many hours of dedication and sacrifice they have made day after day to achieve their dreams). To be a success one of the vital ingredients is the quality of sacrifice - the ability to delay present day gratification for future rewards. So this newsletter is dedicated to learning about how we can keep moving towards our goals; to resist temptation & make daily sacrifices for a happier future. Enjoy! Love Karen xxx

Mojo Tip: Success Requires Private Sacrifices



Dr. Maya Angelou, Global Renaissance Woman

The 7th step on your masterful Mojo mindset for 2014 is develop the muscle of self discipline, self control and the delaying of immediate gratification. Mojo role models focus on making difficult short-term sacrifices for achieving future successes. In a nutshell they focus on doing the difficult/less pleasant things now for more freedom, happiness, financial gain, and an easier life in the future. People with Mojo make their decisions with the "take the stairs" mindset. When making decisions they remember they have two choices - either - take the easy short term choice (ie the lift) - or the most difficult short term choice (ie the stairs). Overall, reminding themselves of what really matters in the long run. They focus on their compelling vision when faced with any short-term temptation.

A perfect role model on sacrifice, is recently departed, much loved and admired Dr. Maya Angelou (a poet, memoirist, novelist, educator, dramatist, producer, actress, historian, film-maker, and civil rights activist). Said to be one of the most influential voices of her time, Dr. Angelou, came from a very hard childhood; she knew about and lived a life of sacrifice (one example - where she remained silent for 6 years). She is credited with these words of wisdom: "You can only become great at something you are willing to sacrifice for." Hard work and self-sacrifice are essential in worldly success. Most people are not born with a silver spoon in their mouth and have to earn it. I love this saying I recently read by a Pastor

which said: "While everything depends on God, the wise and successful know that they have to work and sacrifice as if everything depended on them. While God has endowed us with many gifts and blessings, God's goodness empowers our efforts - it never replaces them. Hard work is the price of success." So remember to "take the stairs" on a daily basis and you will surely achieve longer term fulfilment. Love Karen

Life Coach Tool: 'Take the Stairs' Mindset



Law of Sacrifice

Rory Vaden is both a self-discipline strategist and an expert in the psychology of making decisions. In his book "Take the Stairs: 7 Steps to Achieving True Success" Rory demonstrates that easy short-term choices lead to difficult long-term consequences. Inversely, difficult short-term choices lead to easy long term consequences. He describes this concept as the Paradox Principle. I share some excerpts below for you:

The Paradox Principle of Success:

When Faced with any Decision, you have two choices:

Choice 1: Take the Escalator (easy short-term choice):

This mindset is the easy short-term choice. For example, sitting on the couch, instead of getting up and going to the gym; buying something frivolous and expensive, instead of investing in a good growth stock mutual fund; or conveniently ordering fast food from the drive-thru, instead of cooking a healthy dinner at home.

Or:

Choice 2: Take the Stairs (difficult short-term choice) :

This mindset is the difficult short-term choice. When you look at the world around you, the most successful people process their decisions with this mindset. These people have started huge companies, saved the most money, have the healthiest bodies, and have made the difficult short-term decisions for an easier and more successful future.

That is all fine, you may say, but how do you stay motivated when the easy-short term decisions are more tempting and attractive? And what do you do then to change your mindset to make the difficult short term sacrifices? And how do you find the energy to 'take the stair's day in and out?

Rory says there are 2 things you can do:

1. Just stop thinking about it. Literally, the insight of realizing that your mind is making this much worse than it is and knowing that that is the truth.
2. Take a second to get present to what really matters to you in the

long-run. This makes the short-term sacrifice or activity lose its power; and pale in comparison to the vision.

In Summary, Rory says that "Often times with people who are struggling with self-discipline, it's not that they have a lack of discipline or a lack of work ethic; in many cases it's that they have a lack of vision. They don't have a clear enough picture about what they want in their life, and it's not compelling enough to pull them through the muck. So, now you have the key - find your vision - and make the short term sacrifices for the longer term gains and you are on your way to a happier future!"

Be Inspired Article: 10 Questions with Peter Felice!



Who is the real Peter?

I am 50 years old this year and I have spent many years of my life in the corporate world both in Finance and IT building companies. I now spend my life working in consciousness teaching the Avatar® Course both here and in the US.

Which five words best describe you?

Ambitious. Caring. Kind. Perseverant. Humorous.

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

My first job was as a Finance Graduate working for Lend Lease. Since then I went into the IT industry and built consulting companies. The turning point for me in my life was doing the Avatar® Course. This was a life changing experience. I really connected with my purpose this lifetime, my mind was quiet and I knew what I wanted. It is amazing how the things that I needed just lined up for me from that point; money, relationships, family, work, pretty much everything.

What's your proudest achievement?

Taking my 3 children through the whole Avatar Path - that I would not trade for anything. Supporting them to take personal responsibility in their lives has been the most incredible gift I could have given them.

What's been your best decision?

I think that every time that I have followed my intuition has been my best decision.

Who inspires you?

The Stars Edge Trainers. These people have committed their lives to awakening consciousness with the Avatar tools to create more care and compassion on the planet. They are patient, kind, courageous, honest and the most real & committed professional people that I have ever encountered. They are truly incredible inspiring people.

What are you passionate about?

I am most passionate about contributing to the lives of others and I want to make a difference in the world. I do this by connecting others to their goals and their inspiration with these amazing tools. I know that they will want to do the same for the next person and then we really can create a ripple effect of kindness and compassion. I am also very passionate about doing this work with our young people. We are caretakers for the planet and we will be handing it on to the next generation.

What's the best lesson you've learnt?

Probably the best lesson that I have ever learnt is that you only fail when you give up and success may be only one step away. When you have goals that you are passionate about, perseverance and the will to keep going, will ultimately create the success you are looking for and these qualities are skills that you can build.

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

I would say Jesus because I want to know what the real story is.

What dream do you still want to fulfil?

I want to make a difference in people lives, awaken them to possibility. I want to take these incredible tools into the Corporate world. This work is labelled personal development but really I think that it could just as easily be labelled professional development. Strengthening those parts of our consciousness that we need to be successful; things like honesty, courage , perseverance & gratitude. These are things that we can build as skills and strengthen within us.

What are you reading?

The Avatar Path "The Way We Came" by Harry Palmer (such an incredible book).

Daily Hint: Practice the 'Take The Stairs' Mindset Daily

Thank you! Your Daily Hint this month is to practice the "Take The Stairs Mindset." Seize each opportunity this month to be mindful of making the choice that will give you far greater fulfilment in the long run! Soon you will be on your way to a much happier, secure and successful future!

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 Peter Felice. Peter is a person of high integrity who is making a difference to the lives of people on this planet. Be awoken by Peter as he guides people both in their work and personal lives to strengthen parts of their consciousness that are needed to be successful. Allow yourself to be re-awoken by Peter's tools, gifts, honesty and compassion. Love Karen x

"Whenever you see a successful person you only see the public glories, never the private sacrifices to reach them."

Anonymous

"You can only become great at something you are willing to sacrifice for."

Maya Angelou

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

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Workshops

For anyone considering being awoken by "Avatar", Peter advises: we have upcoming 2 day Resurfacing® Workshops, for more information, email office@avatarpacific.com or call 1800-Avatar (282827) www.theavatarcoursepacific.com. Pass this on to family and friends and (& remember to mention yto!) karen@youretheone.com.au

Offer Expires: 31 July 2014

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