

You're The One Newsletter

THE ART OF THE SMALL GESTURE

Issue 9 Vol 11: November 2014

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What's New With Karen

Welcome to November 2014! During October, I was touched by some beautiful small gestures. I found a thankyou note in my letterbox from my fantastic neighbours (concerned I was being kept awake by their new puppy), a colleague complimented me on how I dealt with customers with gentleness and patience, another colleague gave me a hug and kiss on the cheek, my CEO expressed words of appreciation, my nephew told me how much he loved me!!! Isn't it interesting that all these gestures cost nothing but meant so much. It made me aware of how important it is that we show others in our lives small gestures to make them feel loved, valued and appreciated. This is vital in our families, our friends, our workplaces, neighbourhoods, and communities. This month I devote to the art of the small gesture. Let's all take our lives to a new level by doing small things every day to make someone else feel special. The reward you will get by giving will be priceless. Love Karen xxx

Mojo Tip: It Really is the Thought That Counts



June Dally-Watkins as a young model

The 11th step on your momentous Mojo mindset for 2014 is to make the 'art of the small gesture' a part of your daily life. People with Mojo live by the mantra 'it really is the thought that counts', never underestimating the power of the small gesture (costing little or sometimes nothing at all). These Mojesque role models have mastered the art of behaviour that elicits positive reactions in others. They know that goodwill is based on emotional reactions. The key here is that they consistently, daily perform small gestures towards others in their life. Their behaviour is based on the Psychologist, Norbert Schwarz's "Dime Experiment" whereby it was found that as little as 10-cents could have a meaningful impact on one's attitude. According to Schwarz: "It's not the value of what you find - it's simply that something *positive* happened to you." Schwarz also noted the importance of the *surprise* component. "The 10-cents only works if you are not aware you're happy because you found it." People with Mojo know that the smallest of gestures can go a long way and create good karma. My role model this month is whom I personally think of as one of Australia's Living Treasures, June Dally-Watkins. When thinking of small gestures she immediately came to my mind (she is still a great believer in the hand-written thankyou

card). I have always admired June Dally-Watkins, who emerged in 1949 as Australia's 'Model of the Year' and subsequently built on her modelling success by establishing the first Personal Development School in the Southern Hemisphere, expanding now onto Australia's first Business Finishing College and Corporate Training centre. June Dally-Watkins' philosophy is: "Most people consider life a battle but it should not be, it's a game and every person has a role to play. The rules are simple: it's all about giving and receiving. Learn to be generous, open minded, kind and decent in your attitude towards others. These emotions will eventually be reflected in your face and will attract people to you. Your gentle nature, warm heart and ability to live easily with the people around you, make you lovely to know. Every moment you have the opportunity to create that lasting loveliness in your character and personality by the way you think, act or talk." A small gesture can possibly have a lasting impact that we will never know or see - however - it is a wonderful way to live your life by overpowering any negative with this positive.

Furthermore, scientifically, it has been proven, that being present to life's small joyful positive moments, and lingering on these actually improves the encoding of passing mental states into lasting neural traits." The key here is to "get the good stuff into us" and that means turning our passing positive experiences into lasting emotional memories. We could really start a new revolution of positive experiences on the planet if we all chose to do at least one small gesture a day. One thing is for certain, in a world where we cannot control the negatives, this is a great way of making sure that we do the opposite and create more positive feelings in ourselves and others. Make this your daily ritual and see the beautiful ripple effect.

Life Coach Tool: 10 Small Gestures That Cost Zero



Seemingly Small Gestures Make a Big Impact

Here is a list of 10 gestures that you may like to "hard wire" into your life so they become daily habits rather than rare or one-off experiences. Create a revolution of spreading kindness by these 10 gestures that cost absolutely nothing. Start to do these on a daily basis:

1. Send handwritten thank you cards.
2. Compliment others.
3. Practice manners always.
4. Smile, shake a hand, give a hug, say I love you.
5. Reach out to your mentors to thank for their help.
6. Teach someone something.
7. Let someone in the supermarket queue ahead of you.
8. Let someone out ahead in traffic.
9. Offer your seat for someone who needs it more.
10. Smile and say hi to a passing stranger.

As you begin to do these things on a daily basis, they will start

to become automatic after some time, and people will be drawn to you. Keep this revolution of good experiences in the world (it is the best antidote to some of the negatives we cannot control). Be a wonderful example in the world - and start a revolution!

Be Inspired Article: 10 Questions with Corinne Bosnjakovic!



Who is the real Corinne?

I was born in Northern Rhodesia (Zambia now) the Eldest of 6 children and grew up mainly in Australia, without much physical trappings but happy. I have been married for over 40 years and have had 4 children. I love having a purpose for my time here on this earth, be that a list for home or a list for work or a list for life to do. I had the opportunity to go back to Zambia in 1995 with my Mum and Dad and have been affected by the incredible feeling of coming home. Whilst this is not logical, I have no memory of being there, my parents are British, I have been overwhelmed by this powerful feeling. I am now working through my parents' life there in the early fifties with the view of writing a book of their life. Think this may happen when I retire. I currently manage a Call Centre for the Australian Locum Medical Services, providing Doctors to visit people in their own home after hours. This allows me to earn money in an area providing care and support for people in the community. I'm happy and have a great team who I care deeply for, now they are part of my life. I am not looking forward to retiring just yet, but will take each day as it comes.

Which five words best describe you?

Optimistic. Fair. Caring. Honest. Generous.

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

Accounts Payable at Mayne Nickless, Food Technology, Teaching Independent living skills, Customer service, & Call Centre Management.

What's your proudest achievement?

Going on with a full life despite eldest child dying of Leukaemia. Still trying to achieve this.

What's been your best decision?

Choosing to not get full time employment whilst raising four children until the last went to high school.

Who inspires you?

My Mum.

What are you passionate about?

Treating everyone I come into contact with as an individual and with respect. Whether that is a Cleaner in the food court who wipes my table of the person next to me on the train. When they are in my space I care.

What's the best lesson you've learnt?

That there is still so much to learn about all aspects of my life.

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

My Dad. He lived a very interesting life and yet I never knew about a lot of it. I have all these questions I wish I could ask him. The why's, the where's and the what-if's of his choices. He served humanity in many ways and yet he will be forgotten one day.

What dream do you still want to fulfil?

I am not a dreamer. I have no regrets. I live each day as life gives it and am thankful at the end of each day knowing I accomplished something.

What are you reading?

Depending on my mood: 'The Rise and Rise of Kerry Packer' by Paul Barry, 'Plain Truth' by Jodi Picoult, 'Prisoners of War' by Patsy Adam Smith, and a Mills and Boon.

Daily Hint: Do One Gesture Daily

Thank you! Your Daily Hint this month is to do one action per day as a small gesture for someone. Remember it does not matter how small - and it does not have to cost anything! The important thing is that by doing this for the next 30 days on a daily basis, you will begin to create a habit whereby you are well on your way to doing this over a lifetime. Not only will you cheer up someone else, you will feel fantastic also!!

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 guest interviewee, a Mentor of mine, Corinne Bosnjakovic. What I love the most about Corinne is the respectful and fair way she treats all people which is reflected in her life philosophy of "when they are in my space, I care." Corinne is a person who makes the world a better place and I am so appreciative and grateful to be in Corinne's circle in this life. Corinne cares and it is her caring ways that help so many people who are lucky enough to be part of her world. Love Karen x

*"Every so often take in the small gestures of generosity & kindness that pass between your fellow man. It will reaffirm your faith in love."
Unknown*

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

**Make
Someone's
Day
COUPON**

This coupon entitles the recipient to a hug and/or compliment/or just to let them know you are thinking of them! Pass this on to anyone who you would love to surprise with a small gesture. Spread the love - to family, friends, colleagues, or others in your neighbourhood or community (& remember to mention yto!)karen@youretheone.com.au

Offer Expires: 30 November 2014

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