

You're The One Newsletter

WHO ARE YOU LIFTING UP?

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What's New With Karen

Welcome to December 2014! During November, as I reflected on the solemn occasion of Remembrance Day, I was very moved to see two Australian ex-POWs talking about how their mateship had helped them survive the Camps. With this sacred season of Christmas upon us, it had me thinking about this past year, and questioning whom have I helped make their life easier, whom have I offered the spirit of friendship, and whom have I lifted up? The term to be a "lifter" not a "leaner" came to mind and I believe it truly is an inherent quality in Australians that makes us stand out. As this year comes to a close, let's make it truly count, and give a hand to someone who needs us. At Christmas, let's find ways to lift others and give to others - to ease someone's burden, and to truly bring goodwill, peace and kindness to the world. That is truly the meaning of Christmas. Blessings to you and your family for a happy, safe and peaceful Christmas & Holiday Season. Love Karen xxx

Mojo Tip: Be a Lifter - Not a Leaner!



Australian, Jack Bell, 96yo ex POW

The 12th step on your Majestic Mojo mindset for 2014 is to truly be a 'lifter' and not a 'leaner'. People with Mojo are 'lifters' - they lighten our burdens, lift our spirits, refresh and renew us with their presence, give us confidence, wisdom and hope, and ultimately lift us out of our doubts and fears. People with Mojo are the opposite of 'leaners' ie one who is complaining, self pitying, accusing, grumbling & discouraged. Whilst, 'leaners' tend to pull you down, focus on perceived negatives, & rest against you like a heavy weight; 'lifters' lift you up and bring joy, strength, confidence, positive influence and help you better yourself at what you do. My Mojo role model this month, is an inspirational ex POW 96year old Melbournite, Jack Bell - whose dignified presence brings me to tears. Jack spent 3 years in a POW camp and he attributes mateship to being the one component that got him through. Jack tells an especially poignant story of one of his fallen colleagues, whilst suffering harsh conditions in the deserts (prior to being captured) would lift him by saying: "It's like the Waldorf, Jack, you shut the door and go to sleep." In the POW camps, his survival strategy was to stick to groups of 3 and make sure that when one was down or ill, the others would be there

Life Coach Tool: 3 Steps to Stand in the Gap for Others



No-one gets through life without some cross to bear, however, some seem to bear a heavier cross than our own. These are people whom we have the opportunity to 'lift' and we can do this by finding out a gap that needs filling in that person's life and then standing in the gap for them. Think about it, there is probably at least one person you know who needs you right now to stand in the gap for them. In a world where many people choose to step on others to lift themselves up, or to stay unhappy or stagnant, YOU can make a difference in the life of another to be a 'lifter'. Here's a simple 3 step process below: simply to encourage, to invest your influence, and to empower others with your trust.

Be an encourager or others. Tell them what you love about them. Give them compliments. Listen to them and encourage them in areas where they may lack confidence or self belief. Choose to lift people up. Encourage. Encourage. Encourage.

The higher your investment in someone - the higher the returns - but you also must take a risk. Influence grows fastest when you spend it on others. Offer praise and the influence grows. Give them a safe place to exercise their new mind/skill-set and in time your return in them bears returns. The greatest return is when you take the risk of believing in someone that others have abandoned - and standing in the gap - so they can cross to a position they could not get to before. Invest. Influence. Risk.

Now it is time, to let go, and have faith. Once you have empowered the other person to believe in themselves, and convinced others to give the new person a go, you need to be willing to let them go! To move on, once you have empowered another. Empower. Trust. Let

Go.

Can you imagine if each one of us made the decision to today to start living as a 'lifter' and move out of the 'me first' mindset, what a revolution could be in store for the world. Each one of us can truly make a difference when we stand for the principle of standing in the gap for another. Furthermore, I believe that is one of the foundations of a life well lived, with the deepest of rewards.

Be Inspired Article: 10 Questions with Tina Nenadic!



Who is the real Valentina?

I was born in Croatia. Due to an abusive relationship, Mum left my Dad when my sister was 1 month old, and I was 14 months, and we went to live on a farm with our grandparents. In 1994, due to the Civil War in my home country, I was given the opportunity to come to Australia. I was lucky to be granted a refugee Visa, and arrived with my first daughter in 1994 on the Gold Coast. We opened up a pizza shop in 1996 and ran that until 2001, and during that time I also had two more daughters. A few years later I entered the world of Real Estate and I'm loving every minute of it; I love the fact that I am surrounded by people, that every day is different, having flexible working hours, and helping people. I also do a lot of voluntary work and enjoy giving back to the community. I love travelling and in the future I would love to be able to volunteer in Africa (once my girls are financially independent).

Which five words best describe you?

Generous. Optimistic. Caring. Honest. Hard working.

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

As a waitress at a coffee shop to now a Fully Licensed Real Estate Agent.

What's your proudest achievement?

Becoming financially independent after my separation.

What's been your best decision?

Not quitting my Real Estate Career.

Who inspires you?

Strong independent females in my close circle of friends

What are you passionate about?

Helping people, being there for my girls every time they need me, and treating everyone I come into contact with respect.

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 never had anything to do with me. Would love the opportunity to ask him a few questions and understand why he did what he did.

What dream do you still want to fulfill?

Being in a position to volunteer in Africa. I live each day as life gives me and am thankful for every opportunity to be able to learn life lessons.

What are you reading?

"How the Best Leaders Lead," by Brian Tracy.

Daily Hint: Follow this Mantra Daily

Thank you! Your Daily Hint this month is to apply the mantra daily "Who can I help today?" and practice doing that. Even if it is something as simple as letting someone ahead of you in traffic, or smiling at a stranger, or a complimenting a colleague - just make sure you do something every day! Pay it forward especially in the Festive Season when people can be going through a lot of stress and watch people be lifted in your presence!

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, Valentina Nenadic. I love the journey Tina has made through her life and she definitely is a person who stands in the gap for others! She is truly a remarkable woman - be super-inspired by her as I am. Love Karen x

"There are two kinds of people on earth today, Just two kinds of people, no more, I say. Not the good and the bad, for 'tis well understood, the good are half bad and the bad are half good. Not the happy and sad, for the swift-flying years brings each man his laughter and each man his tears. Not the rich and the poor, for to count a man's wealth you must first know the state of his conscience and health. Not the humble and proud, for in life's busy span the man who puts on vain airs is not counted man. No! The two kinds of people on earth I mean are the people who lift and the people who lean. Wherever you go you will find the world's masses, are ever divided in just two classes. And strangely enough, you will find too, I ween, there is only one lifter to twenty who lean."

Ella Wheeler Wilcox

Yours sincerely,

karen vella

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CONNECT WITH VALENTINA!

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Offer Expires: 31 December 2014

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