

# You're The One Newsletter

ONCE WE WERE YOUNG!

Issue 10 Vol 4: April 2015

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## What's New With Karen

Welcome to April 2015. During March I was very acutely aware of the beauty and dignity of the elderly in our society. Watching a story on TV of Australia's oldest man who knits woolly jumpers for penguins from his nursing home, I was so touched. When the Reporter asked him about his words of wisdom for the youth of this world he simply said: "Keep your nose out of trouble." On many many more occasions during March as I sat with our older folk, or spoke to them, or watched them on TV - glancing beneath their older faces, I ruminated about their lives, how they had lived, and sometimes still seeing the youth and spirit within so alive, despite the ageing of the body. I wondered why is it we are a society who is in denial about aging (whilst in some parts of the world much respect is given to the elders). So, this month, I want to highlight and bring to our awareness the beauty, wisdom, dignity of looking beyond a person's age to the person beneath. Be ready to be illuminated in their presence. Love Karen XX My newsletter is devoted to the memory of the late Fred Budner - RIP Fred.

## Mojo Tip: Look Beyond the Age



109 year old, Alfie Date, Australia's Oldest Man

The 5th step on your must-have Mojo mindset for 2015 is to look beyond a person's age. People with Mojo do not discriminate about a person's age, looking beneath the outer layer to the absolute majesty of a person who has achieved a milestone (a life well lived!). Rather than being confronted and in denial about the truth of their own selves one day too becoming old, people with Mojo, do just the opposite, shine a light on the elderly. These Mojo-esque role models demonstrate this by looking beyond the age - instead focusing the intensity of their gaze and attention on the inner life of a person's uniqueness and individuality, seeing a person who has a history and much to be learned from. People with Mojo show patience, kindness, courtesy, respect and reverence to any person in their twilight years. Thinking of a perfect role model this month, I am so happy to introduce you to Australia's oldest man, 109 year old, Alfie Date. Alfie has recently come to world wide attention (despite being in a nursing home in Umina, on the Central Coast of NSW) due to his daily work of knitting jumpers for penguins. Alfie has been knitting for 80years; however in 2013 he started knitting for the tiny Penguins from Phillip Island in Victoria when they were affected by

an oil spill. He even checks his jumpers are "up to scratch" so that penguins are protected from licking off the poisonous oil on their bodies. Alfie is a glowing example of looking beyond a person's age, to the true depth of character of the person within. Imagine how our society would develop, if we were to focus more on the wisdom, the stories, and the dignity of the elders and less on the youth culture. Perhaps as we mature, it is our duty to introduce others to the elderly and invite them more into our worlds. We may discover a whole new meaning to our own lives, and also give them the much-needed care and attention. It is said that when a person gets older they become almost invisible, feeling like ghosts in their own lives. Let us not become disrespectful or patronising to our elderly, but let's make the invisible visible again. Let's remember that whilst the old can imagine what it is like to be young, the young, cannot imagine truly what it is like to be old, living with loss of bodily functions, loved ones, recognition and full of memory and the past. Nicci Gerrard, Author of "The Twilight Hours" has written a book where she features a blind 90year old woman, Eleanor, as her central character. Eleanor is about to move out of her home she has lived in for decades. Nicci throws light upon Eleanor, bringing her invisibility to a spotlight of her beauty, passion, and richly complicated life. Perhaps we can all learn to make the old visible and loved, as Nicci does, and honor them as living treasures. We will find too, the tapestry of our own lives become so much richer in the process. Love Karen

### **Life Coach Tool: 10 Reasons Why We Need to Respect Our Elders**



#### **Respect Your Elders**

I am certain that we need no other reasons to lead us towards respecting and loving our elders, however, here are some simple reminders of why it is so important in our families and in society in general. Sometimes we need time to reflect upon what we already may know but not yet recognize. May these 10 tips help (written by an elder whom I recently stumbled across).

#### **1. They Deserve It**

They are simply deserving of respect of younger people without qualification.

#### **2. As you Sow, Shall you Reap**

They deserve to be treated kindly by others in society - respect now to insure respect later in life.

#### **3. Strong Morals**

They have steered us to know right from wrong, & provided a moral compass and value system.

#### **4. Love**

They show us their love by acts of kindness and care and we show it by respect (one of the many signs of love).

#### **5. They Love You**

They are the ones who love us and have our best interests at heart.

#### **6. Humanity**

They are the vulnerable in society and we as humans share a common humanity to help them.

### **7. Your Family Tree**

They are part of the fabric of where we came from, who we are and how we became what we are.

### **8. Wisdom**

They have lived through what we are yet to and can guide us in the unknown.

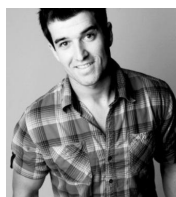
### **9. Heritage**

They are the gatekeepers of our family rituals, traditions and treasures that have been passed down.

### **10. An Experienced Guide to Life**

They are experienced like friends/philosophers/guides to guide us through our challenges and make life more livable.

## **Be Inspired Article: 10 Questions with Grant Pearce!**



### **Who is the real Grant?**

I was Born in Sydney, then the family moved to country Victoria at age 7. Over the years my Career has taken me from positions originally in the Airline Industry as an Avionics Technician, followed by a Roof Plumber, and recently a Health & Lifestyle Co-ordinator & Auto Electrician in the Mining Industry. I'm now working in Network Marketing (Isagenix) & get to travel around the world meeting amazing people, going on epic adventures with the girl of my dreams & amazing friends that have joined me for the ride. Life couldn't be more perfect - however looking back life wasn't always so. Entering into my mid teens was a place I didn't find easy as during my first job at 15 I found myself being sexually abused (but like many guys I didn't tell anyone)& by 19 I found myself in a place of anxiety and dark depression. Today I am thankful as it has helped shaped who I am. At 31, I've confronted the past, shared all with my family & friends, & now live a mission to empower others to authentically communicate who they are with no shame or guilt to live a more enriched life.

### **Which five words best describe you?**

Charismatic. Engaging. Authentic. Energetic. Relatable.

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

My first job was at 13, I started my own mowing business, carrying my mower and whipper snipper on a bike trailer I made to move around town for the local oldies on weeknights after school of course.

### **What's your proudest achievement?**

Winning Melbourne's hottest hunk 2010.

### **What's been your best decision?**

Partnering with Isagenix as a business.

### **Who inspires you?**

Anyone that shares their life stories with me.

**What are you passionate about?**

Helping people feel alive by empowering them to see their full potential.

**What's the best lesson you've learnt?**

How to confront pressing issues with positive outcomes.

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

Jennifer Hawkins (ha ha).

**What dream do you still want to fulfil?**

Building a getaway, that I can run courses for people to empower themselves to communicate with raw passion to achieve their ultimate goals.

**What are you reading?**

'7 Principles of Highly Effective People' by Steven Covey.

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**Daily Hint: Be Present to the Elderly Daily**

Thank you! Your Daily Hint this month is to become more present how you are interacting with the ageing in your life. Make a special note to improve upon your communication with them - and take action on this. Notice how you respect begets respect and how rich and rewarding life becomes!

*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, Grant Pearce. I've known Grant over the past couple of years and he has impressed me with his brilliant communication skills, his respect for people, his openness and his passion to want to empower others to live the life of their dreams. In a world where respect can be diminishing, be surprised and inspired by Grant's respect for all of humanity. Love Karen x*

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"Men are like wine. Some turn to vinegar but the best improve with age."  
Pope John Paul XX III

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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with  
GRANT  
PEARCE'**

If you want to find out more, to free up some cash flow, join an epic team of adventurous humans and have the ultimate health in your life Grant is your man to speak to! Whether it be weight-loss, stress reduction, better sleep, energy, performance or wealth Grant can be contacted on his mobile 0408 844 663 or via email: [grantpearcept@hotmail.com](mailto:grantpearcept@hotmail.com). (& remember to mention yto!) [karen@youretheone.com.au](mailto:karen@youretheone.com.au)

**Offer Expires: 30 April 2015**

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