

You're The One Newsletter

YOU DESERVE ALL THE GOOD

Issue 10 Vol 9 September 2015

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 September. During August I noticed that as the final days of winter were drawing to a close, I was being 'awoken' to a 'closing chapter' in my life! Something new was stirring within me. This 'wake up call' was a sign that it was time for something 'more' in my life. I had a sense, particularly in one area of my life that I had been settling for less and now it was time for more (more of what you may ask?) just more of what is wonderful and good in life!! To use the analogy of a PC (personal computer), it was no longer a case of hitting the refresh button on a frozen screen, it was actually time to give myself a brand new beautiful laptop/tablet. So with Spring emerging I am dedicating this newsletter to empowering you too to believe you deserve to have so much more in your life - here's to more of the goodness - good people, good money, good health, good love. Love Karen XXX

Mojo Tip: You Deserve The Best!



Adam Goodes, Australian of the Year 2014

The 9th step on your magnifico Mojo mindset for 2015 is to know and believe in your heart that you are worthy and deserving of all the good things in life. People with Mojo are comfortable in challenging themselves to change their unconscious beliefs to raise the bar on the standards of what they will accept in life. They are not afraid to ask for what they want. They are also courageous enough to walk away from situations that are not good for them. They have a very healthy level of self esteem. They get their needs met. When I think of someone who demonstrates this perfectly, I am reminded of the recent events surrounding our Sydney Swans, AFL Champion, and former Australian of the Year, Adam Goodes. Despite some divided opinions, Adam made a stand against the relentless booing he had been encountering during his AFL games; simply stating he was deserving of more (respect) and not willing to settle for the old treatment. He also demonstrated to others in our society (some without a voice) that they are not alone and are equally deserving of fairness and dignity. I know this can be challenging for some people (to ask for more) however, more often than not, when we do demand more, we may be surprised to get what we have always wished for (and been secretly afraid to

ask). All people, despite their differences, are deserving of freedom from bullying, harassment, or abuse and have the right to demand respect and fairness. Many leaders in our society, came out with the same view; in fact even the Primer Minister came to the defence of Adam Goodes and said "Adam Goodes is a good bloke and he's a great player and I hope he'll get treated with respect and civility." Adam received the added support of the AFL player community, with the opposition team, Geelong (making a stand for unity) - Adam was shown the respect he so richly deserved by both sides of the game when he returned after the one week break! And yes the booing stopped. People heeded the call. A line in the sand had been drawn. Whatever, we can take from this story, I think our society is a much better one when we all live within the bounds of civility and respect for our fellow man; a great sign for the future. Australia can hold its head high now on this issue. This has brought unity rather than disenfranchisement. This has brought justice and good to the surface of what it truly means to be a great person and a great member of our society of Team Australia. So my hope for you for spring (the season of rebirth and revitalisation) is for you to step up and start a new chapter in your life. It is about making a decision to let go of anything in life you have been settling for. It is about examining old beliefs, and gathering the courage to stand up and ask for what you so rightly and richly deserve. It is about drawing a line in the sand & walking away from anything where your needs are not being met. So, with this in mind, remember that the only thing can change is ourselves (our reactions) so the best way to do this is by making a change within. To affirm and validate our self worth and our deservedness just because we are human and worthy of the basic right to be treated with dignity. And you may be surprised to watch others treat you better too! This is a fascinating phenomenon - good luck! I know you are entering into a new chapter and you are being applauded! Well done! You deserve all the good of life! Love Karen

Life Coach Tool: 5 STEPS TO GETTING WHAT YOU WANT

What
do you want?

What Do You Want?

Dr Tina Tessina, Author, Psychotherapist, Columnist says: "If you don't know what you want, you'll have trouble getting it and experience a life-long feeling of deprivation, disappointment, scarcity and resentment." It is true it can be hard to ask for what we want however being clear about what we want is like putting all the pieces of the jigsaw puzzle on a table and getting a clear overview, to solve your puzzle. It is important to learn how to approach different people, in a non-threatening way, to know the difference between asking and demanding, and to have a back-up plan if your request is not agreed to. If you use the 5 tips below you will remain clear, unemotional, polite, and responsive in a great setting and more often than not you will be successful a good percentage of the time (and when you aren't you have a backup plan) so you really can't lose.

1. Get Clear About What you Want

Before approaching the person, think about your request and make sure you can write it down in one clear sentence.

2. Create a Good Atmosphere

Be prepared - make sure you and the other person have time and invite the other person to sit down and talk with you.

3. Simply State What You Want

Don't preface your statement with a lot of disclaimers (the other person may feel accused), just ask politely for what you want.

4. Be Prepared To Accept a No

Remember if you can't accept a no then you are making a demand, not a request, so have a backup solution. Find a way to get what you want for yourself, even if the other person isn't co-operating (ie if you don't get the raise you deserve, maybe it's time to begin your job search).

5. Listen Politely To The Other Person's Answer

Whether the other person says yes, no, or something in between, listen carefully to what he or she says. Don't get caught up in a lot of worry and noise inside your head - pay attention - you need to know what the answer is.

Excerpt above is taken from Dr Tina Tessina, PHD, Licensed Psychotherapist in S California with over 30 years experience in counselling individuals and couples and author of 11 books including above excerpt from "Money, Sex and Kids: Stop Fighting About the Three Things That Can Ruin Your Marriage."

Be Inspired Article: 10 Questions with Alan Farrar!



Who is the real Alan?

My work as a lawyer in my own practice absorbs a lot of my time. I am 62 and will consider retiring on or after I turn 80. My aim is to streamline my work to increase the time I have available for travel. There is so much of the world I want to see. My 2 children are now adults. I delight in their company.

Which five words best describe you?

Honest. Forthright. Intelligent. Loyal. Enquiring.

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

Working as a rouseabout in a shearing shed.

What's your proudest achievement?

Setting up and running my own law firm.

What's been your best decision?

To have children.

Who inspires you?

Nelson Mandela - to not carry anger, to forgive and focus on achieving the greatest good. Honourable mentions: Jesus, Niccolo Macchiavelli and Kemal Ataturk.

What are you passionate about?

Learning: Both temporal and spiritual matters.

What's the best lesson you've learnt?

Failure is only a state of mind.

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

Leonard Cohen.

What dream do you still want to fulfil?

Travel.

What are you reading?

'The: Sleepwalkers-How Europe Went To War in 1914' by Christopher Clark (An excellent examination of the people and events which caused in the first world war. The ignorance, arrogance and incompetence of nearly all the key people involved is chilling.)

Daily Hint: Focus on Getting Clear on What you Want!

Thank you! Your Daily Hint this month is to focus on the 5 Steps to Getting What You Want and practicing these daily. Make a decision daily to ask yourself "What do I want today" and then focus your energies on clarity around that daily, until it becomes a habit. Remember to stay clear, unemotional, polite, and responsive in a great setting and watch yourself achieve success!

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, Alan Farrar. I have known Alan for many years and he is a great role model of a person who always shows respect, kindness, and civility in every dealing I have with him. Be inspired by the great man - Alan Farrar. Love Karen x

*"Ask For What You Want And Be Prepared To Get It."
Maya Angelou*

Yours sincerely,

karen vella

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**'Ask For
What
YOU Want
Voucher'**

This Voucher entitles you to "Ask For What You Want" - pass it on to anyone in your life whom you know needs to start getting their needs met more (including yourself). Remember to pass on the tips above and assist the world to be a better place. Remember it is not selfish to take care of your own needs - because only then are you able to take care of others. (please remember to mention YTO - karen@youretheone.com.au.)

Offer Expires: 30 September 2015

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