

You're The One Newsletter

SAVORING=HAPPINESS!

Issue 10 Vol 11 November 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 November. During October I found myself savoring some beautiful moments. Some of these were occasions spent with family and friends, another moment was discovering a beautiful silk dress in a boutique, whilst another moment I found myself alone and very mindful. Whilst these were all varied experiences, the common element I noticed, was the degree to which I had joy and pleasure, when I was simply present to and savoring these moments. So, I set about researching the art of "savoring" and what I discovered was that becoming engrossed in a positive experience as it occurs has the power to enhance/prolong the positive effect, thus improving one's happiness. Thus it follows that by deliberately savoring moments we can use as a useful tactic for improving our happiness. This month I dedicate this newsletter to introducing you to some concepts around mastering the art of "savoring the moment/s" so as to increase the flow of good into our lives. Love Karen XXX

Mojo Tip: Savor! Savor! Savor!



Sandra Bullock, Actress At Oscars

The 11th step on your masterful Mojo mindset for 2015 is to make a conscious decision to start savoring more moments. People with Mojo know and appreciate what they have (rather than what they do not). They find time to share & recall positive experiences with others, and often commit these moments to paper in the form of a (gratitude) journal, or a photograph to mark the occasion. They know and are motivated to find moments to savor as a great intervention in increasing their happiness (& decreasing stress). When in the moment, they truly give their attention to everything they are experiencing (sight/sound/touch/smell etc). A perfect role model who comes to mind for "savoring" is the Actress, Sandra Bullock, famous for her role in "Gravity". Shortly after she won her Best Actress Oscar in 2010 amid public reports of her ex-husband's infidelities, said she had simply learned to savor the moments when her heart wasn't broken. She

famously said: "When people are like, 'Life is good' I go, 'No, life is a series of disastrous moments, painful moments, unexpected moments, and things that will break your heart. And in between those moments, that's when you savor, savor, savor.'" In fact, when her marriage ended, Sandra, savored so many wonderful moments, especially when she adopted her son, Louis (3 at the time). Again she reflected beautifully 'We're all where we're supposed to be. I am exactly where I want to be now. You can't go backward. I'm grateful that I'm here, blessed to have what I have. Nobody can be prepared for anything.' The theme of this newsletter and the message is really about enjoying every day, taking time to smell the roses, and to turn lemons into lemonade. Let's take a leaf out of Sandra Bullock's philosophy and remind those we love to savor the small joyful moments of life. Be present with yourself. Slow down at times from doing mode and go into being mode. We then increase the flow of love, kindness and compassion for ourselves and this has a ripple effect on everyone around us. Research on 'mindfulness' shows that the skill of 'being in the now' can actually change the way our brains process information so that there is more activity in brain centers involved with processing positive emotions, and more interconnections between right and left hemispheres and the cortex and limbic systems. Mindfulness training results in improved relationships, life satisfaction and even pain relief. So, let's find new ways to savor the moment - share, meditate, focus on the details and positive sensations, build memories, and most importantly do more of what you enjoy!! Finding pleasure in life plays a very important role in our happiness. Surely you can take moments here and there to stop, breathe, and savor the moments. You are bound to find more inner peace, better relationships and improved health! So, go forth, and 'savor, savor, savor.' Love Karen

Life Coach Tool: 10 STEPS TO SAVORING LIFE!

**savor
every single
moment**

Savor Every Single Minute

Fred Bryant, Social Psychologist (Loyola University Chicago) and Author of "Savoring: A New Model of Positive Experience" is the father of research on 'savoring'. He and many others have identified myriad health benefits to savoring, including stronger relationships, improved mental and physical health, and finding more creative solutions to problems. He has distilled his research into 10 succinct ways for us to develop savoring as a skill (excerpt below):

1. Share Your Good Feelings With Others

Treat positive events like positive news - tell another how you appreciate the moment, whether it be a laugh with friends, or a scene in nature (you are saying to yourself when I share positive feelings with others I am happier).

2. Take a Mental Photograph

Momentarily pause & be consciously aware of what you want to recall later such as a touching moment between family members (you are saying to yourself - this is wonderful & I am loving it!)

3. Congratulate Yourself

Don't hesitate to pat yourself on the back and take credit for your achievements (you are saying to yourself - this is great and going to continue).

4. Sharpen Your Sensory Perceptions

Take time to slow down, and shut down your other senses and hone in on one (you are saying to yourself - I am enjoying the pleasure I feel).

5. Shout It From The Rooftops

Laugh out loud! Jump up and down! Shout for joy! When something good happens to you (you are saying to yourself I am feeling extra good!).

6. Compare the Outcome to Something Worse

Comparing good experiences with unpleasant ones gives us a reference point and makes our current situation seem better (you are saying to yourself - I can find positive feelings out of this).

7. Get Absorbed In The Moment

Become totally absorbed in the task, losing sense of time & place (you are saying to yourself - I am in the flow of positive energy).

8. Count Your Blessings and Give Thanks

Tell your loved ones thank you & how lucky you are to have them, and recall your blessings at night (you are saying to yourself I am affirming my positive feelings).

9. Avoid Killjoy Thinking

After a rough day, try not to focus on negatives & focus instead on positive side of situation (you are saying to yourself - I can always find the positive side & remain happy).

10. Remind yourself of How Quickly Time Flies

Good moments pass quickly, so remember good times & imagine a time in the future when you recall it (you are saying to yourself - this is a special & I'm going to look back with good memories).

Excerpt above is taken from Stacey Kennelly's article "10 Steps To Savoring The Good Things In Life." This is about deliberately enhancing the impact of good in our lives.

Be Inspired Article: 10 Questions with Ario Roi!



Which five words best describe you?

Intelligent. Spiritual. Creative. Artist. Leader.

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

I started working as a 3d Animator and I've been studying TV and Media since then.

What's your proudest achievement?

I can create or change my life; I believe I'm successful in my career.

What's been your best decision?

To keep going on my Art path.

Who inspires you?

Those who have vision of other worlds.

What are you passionate about?

Movie, Cinema, Art.

What's the best lesson you've learnt?

I'm every one and I'm no-one!!

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

Jesus (I have lots of questions!).

What dream do you still want to fulfil?

To produce my own movies.

What are you reading?

Science. Philosophy.

Daily Hint: Focus Daily on Savoring Moments!

Thank you! Your Daily Hint this month is to endeavour to memorize the 10 steps to savoring life, and recall these daily, so that you can practice over the next month. Notice how beautiful life truly is when you apply purposefully moments to experience pleasure. Remember, to start consciously implementing this and teaching your loved ones, and watch your joy flourish.

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, Ario Roi. I am inspired by Ario's vision of life and his talent for creating beauty with the visual mediums of arts. Ario is a perfect example of someone who inspires us to take time to savor life's beauty and be uplifted by its transformative and positive effects. Love Karen x

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The passing moment is all that we can be sure of; it is only common sense to extract its utmost value from it."

W. Somerset Maugham

Yours sincerely,

karen vella

yto owner & founder, performance consultant & life coach (cert iv)

yto nlp practitioner (nlp, Time@Line Therapy, Hypnosis, Coaching

M:0419570011 |

E:karen@youretheone.com.au | W:www.youretheone.com.au

Intro "Ario Roi"

If you would like to make contact with Ario Roi, Creative Director, Ario can be contacted via email: ariocgart@gmail.com; and you may wish to view Ario's impressive showreel at ario.tv (and please remember to mention YTO - karen@youretheone.co.au.)

Offer Expires: 30 November 2015

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