

You're The One Newsletter

BE OF GOODWILL

Issue 10 Vol 12 December 2015

In This Issue

What's New With Karen

Mojo Tip

Life Coach Tool

Be Inspired Interview

Karen Recommends



COMING SOON TO THIS SPACE!

2014 - Mojo Classes
2014 - Best Year Workshops
2014 - Webinars
2014 - New Products
2014 - 1 on 1 Life Coaching
And more....

Quick Links...

[Our Website](#)

[Products](#)

[Services](#)

[More About Us](#)

[Join Our Mailing List!](#)

What's New With Karen

Welcome to December. During November, I reflected up the fast-approaching year end, and how soon, before we know it, the beautiful season of Christmas and its accompanying celebrations & holidays will be upon us. The start of December is an ideal time to review the past year (noting if we are on track to achieving what we set out to on 1 Jan), deciding to tie up any loose ends, and to complete our goals. But more importantly, it is a particularly poignant time to review our happiness levels, ensuring we are living a good life, of personal integrity & satisfaction, and treating others well (so we can end the year on a high note!) So, this newsletter is devoted to sharing some tools about the value of sensitivity to others not only at Christmas time, but each day of our lives. To me a successful life and most importantly, a good life is one where we are sensitive to others in our environments and treating others as we would like to be treated and with goodwill and cheer. I have devoted this newsletter to sharing some insights, thoughts, and research on a subject so close to my heart and that is the art of sensitivity to others, and getting on well with them. And I also share some tips on how to truly end the year on a high note for yourself! So, here's to you ending the year on a high, and knowing you are exactly where you are meant to be, living a good life and spreading this out to others! Here's to a Safe, and Merry Christmas to you, and your loved ones. Love Karen XXX

Mojo Tip: Being Sensitive Makes You Likeable!



Karl Stefanovic, Today Show Host & TB's Best Bloke

The 12th step on your magnificent Mojo mindset for 2015 is to make a conscious decision to embrace the concept of showing sensitivity when dealing with others. People with Mojo know that it is so important to not only be productive, efficient and successful, but equally (if not more vital) is that along the way we demonstrate integrity and decency in the way we treat our family, friends and colleagues. These Mojosque role models walk the parallel path of being kind and decent

and caring, at the same time as achieving their goals. They have the emotional intelligence to engage with others in a fabulous way (so that the other person is left feeling good about themselves after their interaction). In a nutshell, these people value and know how to get on with others!! When I think of a great role model and good all-round guy, I think of Karl Stefanovic. Each morning I get my dose of Karl (along with his Co-Host, Lisa Wilkinson, who is one of my Role Models featured in this newsletter previously) presenting the Today Show on Channel 9. He also is a Guest Presenter on 60minutes. Karl was born in Darlinghurst to an Australian Mother and Serbian/German father, was educated at St Augustine's College in Cairns, Anglican Church Grammar School and the QLD University of Technology (graduating with a degree in journalism in 1994). At the 2011 Logie Awards, Karl won both the Silver Logie for Most Popular Presenter and the Gold Logie for the Most Popular Personality. Karl is a perfect role model of what this newsletter is all about. He not only is very intelligent, and successful, but his colleagues speak of his generosity of spirit, his ability to not take himself so seriously, his sense of fun, his intelligence, his family values, and his sensitivity. He attributes his sensitivity to his Mother who taught him "make sure just because you are a bloke you don't hide that". He obviously has the compassion and care for others, which he has demonstrated in wearing the same suit for a year, accentuating the disparity in the way women are perceived (and criticized for their outer appearance in the TV industry) as opposed to men. In doing so he also auctioned off the suit and raised \$6,500 for the White Ribbon Campaign against domestic violence. Despite being a hard-hitting Journalist, he has a very good dose of compassion, choosing at times to not ask more probing questions if he feels he is going into an area that could inflict unnecessary personal pain on a person. He is also a great family man - as a devoted husband (married to his first girlfriend, Cass, for 16years), and a devoted father to 3 young children, which he manages to balance well with his intense working schedule. Karl is not only a likeable larrikin, some say he is TV's 'best bloke', and good human being - personifying what I am accentuating in this newsletter. At the end of the day, it is how you make people feel, that they will remember you by, not what you achieved - and is the true marker of your success. I know at times life is not easy and we may be surrounded by someone who is unagreeable, or goes out of their way to make your life not pleasant! However, I stress the importance of you staying on track with your values, not reacting and strengthening your integrity. Eventually water will wear down the stone - so somebody who is unpleasant will get tired of seeing you so happy and decent that they eventually give up. And the best thing I like about this is that you will build your self esteem, and when your head hits the pillow each night you will feel wonderful!!! So, with the beautiful and sacred time of Christmas upon us, this is a time to show those in your life your sensitivity, your kindness, your decency, care and compassion. You may even uplift the Christmas Grinch!! Love Karen

Life Coach Tool: GOODWILL FOR SELF END OF YEAR RITUAL!



Goodwill

One way to truly end 2015 on a high is to end the year with a whole bunch of good will to yourself. One way of doing this is what I like to call your "50 Acknowledgements." This list does not need to be shared with anyone - (so you can even brag) however, I believe it is truly a fabulous way to be kind to you and appreciate you for everything you have achieved in 2015. So, here is the exercise below and it should only take about 1 hour of your time. So put this time aside - it will be worth it! Remember goodwill starts at home and that starts with YOU!

1. Ask Yourself the Following Question "What Am I Proud of in 2015?"

Write down a list of "I am proud of....." and it could be anything. You may wish to start with business accomplishments, personal achievements, challenging situations you dealt with, boundaries you enforced, goals you achieved. Keep going; what you are doing is writing down anything you would like to acknowledge yourself for. This is not a time to be too modest - it is a time for you to shine the light on things you have done. Keep going until you think you have exhausted the possibilities.

2. Now Get a Friend to Ask You the Following Question "What Else?"

This part can be done on your own, or by having someone ask you "What Else?". The key is to stay silent after the question is asked with no interruptions, in complete silence until you come up with 50 things. Keep going even if this takes an hour. Believe me it will be worth it.

So now you have your list and this ritual is brilliant way of moving into the New Year with positive energy, and having time to end the previous year on a really high note. We know that some years are more difficult and challenging than others and it truly is a time to honor all you have accomplished in body, mind, spirit in all areas of your life. Well done!! Now, go ahead and reward yourself with something that makes your heart sing and brings joy!! You deserve it!

Be Inspired Article: 10 Questions with Ann Hudson!



Who is The Real Ann?

I am a fun, passionate, community minded, creative woman who loves a challenge, is committed to my family, friends and being the best person I can in anything I do. I have worked for 4 employers and loved the challenge of each of the positions. My first 16 years were spent as a teacher of Physical Education and Science Teacher. The next 20, working in a not-for profit which provided education and support to schools in the area of Drugs and Health. I am now managing a Fernwood Gym. I have enjoyed all of my careers as they have focused on people.

Which five words best describe you?

Creative. Passionate. High-Energy. Loyal. Honest.

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

Working as a waitress at the Quick Snack Cafe in Lorne during the school holidays. I have always been a people person so working with, helping, supporting and guiding others has been the focus of all my career choices.

What's your proudest achievement?

Completing the Murray Marathon 5 times, (Yarrawonga to Swan Hill Canoe Race).

What's been your best decision?

To have better balance between my work and personal life.

Who inspires you?

My Dad. A highly intelligent man who was sent down the mines during WW2 then emigrated from Scotland to Australia to give my Mum & I a better life. His devotion to his family and determination to make the most of any situation are but a few examples of the strength of so many of our immigrants.

What are you passionate about?

Making a difference to the Health and Well-being of people in our community.

What's the best lesson you've learnt?

To be kind to yourself. Our health should be a priority.

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

The Dalai Lama

What dream do you still want to fulfil?

To travel more with my husband and to live in Port Fairy.

What are you reading?

'The Island' by Victoria Hislop set on the island of Spinalonga, Greece's former leper colony.

Daily Hint: Focus Daily on Being of Extra Good Will!

Thank you! Your Daily Hint this month is to really go out of your way to focus on being of extra good will this month. Let's remember how powerful the domino effect is of truly reaching out to others and remember that like-ability is one of the keys to your success! And finally, finish off the year with being extra good to yourself also, and giving yourself a special Xmas reward - you are one of a kind and remember you can only give to others when you give to yourself first!

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, Ann Hudson. Since Ann has taken over managing my local gym this year, she has always greeted myself and others with goodwill and kindness of spirit and she is so very like-able!! She is my perfect role model this month of what truly being a success is! Be refreshingly uplifted by Ann as I am!! Love Karen x

"

May the forces of evil become confused on the way to your house."

-George Carlin

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
"Ann
Hudson"**

If you would like to make contact with Ann and discuss your health, fitness and well-being goals, Ann welcomes being contacted at Fernwood Gym on Tel: 03-9375 2399 (and please remember to mention YTO - karen@youretheone.co.au.)

Offer Expires: 31 December 2015

Copyright © You're The One

Disclaimer: The ideas, thoughts, concepts and models (Information) that have been detailed above are those of the person sending you this communication and do not take into consideration your business finances, risk profile, legal and specific needs for your business. You should always seek sound financial and legal advice if you are unsure whether to act upon the Information provided. You agree to assume the entire risk as to your use of this Information. You agree to hold You're The One, its directors, shareholders, employees, agents, representatives and affiliates harmless in any claim or event.

IMPORTANT NOTE: You have received this email because you have subscribed to a past newsletter, readers resources or other communication. If you no longer wish to receive this message, please unsubscribe or change your preferences. (see the links at the bottom of the page). Please don't use the junk mail filter on your mail service as it prevents other subscribers on your USP from receiving their messages - thankyou!