

You're The One Newsletter

65-79YR OLDS ARE HAPPIEST OF ALL!

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What's New With Karen

Welcome to March. During February, whilst listening to talkback radio on an evening drive home, I was fascinated to hear the new Australian research about our level of life satisfaction, and at what age our personal well-being is the highest. I was so curious to discover that the age group of 65-79 were those with the highest levels of life satisfaction; contrasting with those aged 45-59 who had the most anxiety and least satisfaction. The statistics were compiled from data taken in the UK where 300,000 adults over 3 years were tracked by asking them to rate out of ten how they had felt the previous day (ie how happy & how anxious they felt, how satisfied with life they were generally; and how much they felt what they did in life was worthwhile). As I pondered over the people I personally know in this magical age bracket of 65-79 I noticed many did in fact have that sense of personal well-being and quality of life some of us in the 45-59 age bracket dream of when we are juggling commitments, pressures, and career, etc. So this month my Newsletter is dedicated to us learning more about what it is that our older loved ones are embracing that makes them the happiest of all! And hopefully now we can all take something from their insights about what we all can do to make our lives happier, less anxious, more worthwhile, and satisfying! Love Karen XXX

Mojo Tip: The Twilight Years Can Be Sunny!



Ken Holmes, Aged 78, Australia's Oldest Intern

The 3rd step on your magical Mojo mindset for 2016 is to take a leaf out of the book of wisdom of some of our older generation. These Mojo-esque role Models seem to be cut from a different cloth (some of them living through the War Years) demonstrated by their appreciation of life. They are great examples of embracing a new perspective; not only counting their blessings, but pursuing things that make life worthwhile, and are consequently more satisfied and less anxious than some of the younger generation. Many studies worldwide (including the one above) are now showing that happiness grows with age and that we tend to enjoy the height of contentment in our twilight years. My perfect example and role model is 78year old Ken Holmes from Melbourne, said to be Australia's Oldest Intern. Ken, who has been retired for 10years (previously working for 30 years as a scientific and surgical toolmaker)

has spent most of his retirement caring for his wife, Beatrice, who has now passed away. Ken said he was sick of talking to the cat and dog because they don't answer back so he embarked upon an administration course at Mercy Health Training Institute in Parkville, whereby he 'interned' for 20 days to build up his work experience hours as part of the course. Ken is now seeking part time employment - although he would enjoy working full-time, Ken said that 'his mind says yes but his body says no.' Appearing on the Today show, Ken said his two children didn't know about his new career and probably wouldn't be too thrilled to find out, wanting him to take it easy. Ken is a perfect example of a person embracing a sunny disposition, and pursuing what makes life worthwhile in twilight years - proving the motto that age is just a number. If we need any further proof that life improves as one ages, we can also review the statistical data analysed by the University of Florida over 30 years; where subjects were repeatedly surveyed on their general wellbeing. Once again the evidence was conclusive; instead of becoming sadder as one ages, the participants consistently reported higher levels of life satisfaction! Proof that as we get older we become happier and more fulfilled has been mounting for years that the twilight years can be sunny. In another recent study, Psychologists monitored the daily emotions of people in a range of age groups; over 65's reported emotional distress three times less often than their juniors. So what is the secret key to happiness which older people appear to possess? Perhaps it is when we recognise we don't have all the time in the world we see our priorities more clearly. By the time we are over 60, we know what makes us happy and satisfied and can devote our time to what we love, whether that is running marathons, creating art, travelling, or simply watching a game of tennis. Of course some say the secret to a good life is accepting what you have and learning to appreciate it. Society also needs to recognize everyday negative stereotypes around ageing and instead highlight the positives of ageing. Geriatrician, Bill Thomas, co-founder of ChangingAging.org says "it is important to look not just at the negative changes that take place as we age but also the positives, such as improvements over time in our interpersonal skills, relationships, expertise and knowledge. It seems age is just a number after all! Love Karen XX

Life Coach Tool: 3 Keys From The Happiest Over 60's



Those Over 60s Enjoy Higher Levels of Contentment

Research worldwide conclusively points to the evidence that those in the midst of what might be statistically considered the latter years of life display higher levels of contentment than those in their 50's, still at the height of their careers. So, what can we learn from these over 60 age group? Analysis of the reasons why this aged group are the most happy could be borne out of a number of different factors, and I share 3 Factors below:

Key 1: Appreciate Life More

People born in different eras will have had different experiences and expectations which will ultimately shape their sense of well-being. For example, many members of the generation who lived through the Second World War are happier with their lives than people decade's younger, despite the limitations of old age. Perhaps reflecting older generations may be cut from a different cloth, and have a greater appreciation of life.

Key 2: Count Your Blessings

People's level of personal well-being changes as one moves through life. The benefit of age and wisdom, and having new experiences changes the way one looks at things. Simply said, as we age we are able to look at life from a new perspective and are more able to count one's blessings and become more content with one's lot in life.

Key 3: Pursue Meaningful Activities

People's ability to focus on prioritising & pursuing meaningful activities with what time is left is what matters as one ages. Those who are retired or semi-retired may have more free time to spend on activities which promote their well being. So overall life satisfaction mostly improves when people have the time to enjoy what truly matters to them.

To summarise, Researchers have found that people's level of satisfaction rose markedly as they entered their 60's, even though other aspects of their quality of life may be beginning to decline. So, I leave you with 5 pieces of wisdom taken from a 75 year Study (by George Vaillant, the Harvard Psychiatrist) to apply to your own pursuit of a happier and more meaningful life: 1) Love is Really All that Matters; 2) It's About More Than Money and Power; 3) Regardless of How we Begin Life, We can All Become Happier; 4) Connection is Crucial; and 5) Challenges and the Perspective They Give You Can Make You Happier.

Be Inspired Article:10 Questions with Anna Budner



Who is The Real Anna?

I came from humble beginnings and was brought up in a warm family. We had lots of fun growing up together. During my life I worked hard to achieve what I have in my life and I am very organised. My nature is that I am fiercely independent and like to speak my truth. I am proud of my children, son in law and grandchildren and we enjoy the time we spend together. I have always been one to enjoy the interaction with others, spending time together around a table, eating and enjoying each other's company.

Which five words best describe you?

Caring. Happy. Forgiving. Strong-Minded. Spiritual.

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

My first job was at 15. I had to leave school so I could earn money as I came from a large family and was the eldest daughter from a Polish family who migrated to Australia. I worked in a Government printing office in Canberra checking Passports and putting together documentation from Parliament meetings. I then became a head waitress at Barton House in Canberra. Not long after I met my future husband, Alfred, and relocated to Melbourne to get married. A year into my marriage I had my first son Ted and two years later my daughter Elizabeth. I was a housewife and worked part time in a nursing home whilst my children were little. As the children become older, I worked for a sheet metal company working my way up to becoming a Supervisor where I worked for 17 years until I became redundant. From that time I assisted in looking after my grandchildren who I love dearly and now I am truly retired at the age of 79.

What is your proudest achievement?

My children and family.

What's been your best decision?

To be independent.

Who inspires you?

Pope John Paul the second - (Polish Pope - I thought he was a wonderful human being).

What are you passionate about?

Cooking in my own style; Reading especially autobiographies and nature - I love nature especially greenery.

What's the best lesson you've learnt?

To be honest and truthful to yourself and others. You then have nothing to hide.

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

I would love to see my brother Stefan who was killed at 19 in a road accident, we were extremely close. I would love to see my mother again. AND George Negus, Engelbert Humperdinck and John Wayne.

What dream do you still want to fulfil?

I would love to travel to France - my dream destination. I went many years ago and love the country and its people.

What are you reading?

'The Gift of Imperfection' by Brene Brown.

Daily Hint: Apply the 5 Hints from the Harvard Study!

Thank you! Your Daily Hint this month is to take some time daily to focus on the 5 hints listed above in the Harvard Study. As you become aware of these more and more, you will start to 'act as if', noticing that you will be creating a new mind map perspective upon which to live your life more happily by! Learn from the wisdom of ages, of how to truly appreciate life, let go of stress, and be happier and more fulfilled!

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, Anna Budner (Rudnicka). Anna is a woman I treasure and Anna and her children, Ted & Elizabeth; her Son-In Law Bill; and Grand-Children, Kristoff & Isabella - are like family to me. I am blessed to have them in my inner sanctum now for some 40 years.

Anna is an inspiring, caring, loving and very spiritual person who has been devoted and loyal always to her late Husband, Alfred, and her family (of which I consider myself an extended part of). She has a wonderful attitude to life and has always been ahead of her time. Be inspired by Anna's rare & beautiful qualities of caring, truth, and inner goodness.

" It is not how much we have, but how much we enjoy, that makes happiness."
Charles Spurgeon

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

Contact the 'Benevolent Society' as a Resource

There are many ways we can contribute to the lives of older persons - whether these be our family, friends, neighbours, etc. One not-for-profit Society that I love is the Benevolent Society whom support individuals and communities across a range of areas including the ageing. The society has a fabulous website (www.benevolent.org.au) with many resources. Their mission is to help people change their lives through support and education, and they speak out for a just society where everyone thrives. Please pass this resource on to all your loved ones as we connect to make the world a better place (Please remember to mention YTO - karen@youretheone.co.au.)

Offer Expires: 31 March 2016

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