

You're The One Newsletter

WHO IS THE HAPPIEST NATION?

Issue 11 Vol 4 April 2016

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What's New With Karen

Welcome to April. During March, and over the beautiful Easter season, I was warmed to hear of the new findings of the 2016 World Happiness Report, ranking the happiest nations. The Report (an initiative of the UN in 2012) ranks 150 nations outlining their populations' level of happiness, as a way to foster social policy, based on some 2,000-3,000 individual responses to a global poll. And I am *happy* to announce (*pardon the pun*) that Denmark, ranks as the world's happiest, followed by Iceland, Norway, Finland, Canada, The Netherlands, New Zealand, Australia (at 9th spot) and Sweden. So, with this ground-breaking report at my finger tips, and in this newsletter, I aim to share with you some key indicators that really add up to happy societies. And I shed the light on something that many Philosophers, Psychologists & Theologians have claimed for some time, that material things alone do not make a society truly happy. Read on to discover 6 key factors that really make our societies flourish with happiness! Love Karen XXX *PS To bring YOU more happiness please scroll down for a Brand New Special Offer (very bottom of newsletter in Voucher Section) for your chance to enter into the April Prize Draw to win 2 Free Coaching Sessions with myself!!*

Mojo Tip: A New Role: Minister for Happiness?

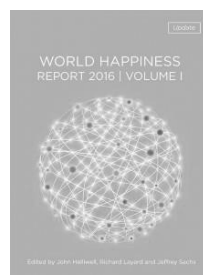


Philanthropists, Bill & Melinda Gates

The 4th step on your magnificent Mojo mindset for 2016 is to contribute to making a happier community for our planet. People with Mojo have a highly developed social consequence, knowing that inequality & disparities in income, wealth, health and wellbeing can fuel discontent in our World. Infact, the recent finding of the World Happiness Report 2016 indicate that 6 factors truly contribute to the happier societies, these being: 1) *gross domestic product per capita (a raw measure of a nation's wealth)*, 2) *healthy life expectancy*, 3) *social support (having someone to count on in time's of trouble)*; 4) *trust (perceived absence of corruption in government & business)*, 5) *perceived freedom to make life choices*; and 6) *generosity (as measured by donations)*. On topic, with the idea of contributing to a better world, two outstanding role models come to mind, Bill & Melinda Gates, Philanthropists &

Founders of the Bill & Melinda Gates Foundation (donators of large grants/funding to various charitable organizations and scientific research programs throughout the world, as a way to create a more equal society). When looking to their inspiration for their humanitarian endeavours, in an interview with Rolling Stone Magazine, Bill Gates stated: *"The moral systems of religion, I think, are super important. We've raised our kids in a religious way; they've gone to the Catholic Church that Melinda goes to and I participate in. I've been very lucky, and therefore I owe it to try and reduce the inequity in the world. And that's kind of a religious belief. I mean, it's at least a moral belief."* In March of this year the UN held its World Happiness Day - promoting that each nation should be measuring happiness and well-being along the framework indicated by the World Happiness Report. Some countries are indeed taking the concept literally, naming Ministers/Secretaries of Happiness or Well-Being. Venezuela has a "Vice Ministry of Supreme Social Happiness;" Ecuador has a State Secretary of "Buen Vivir", and the United Arab Emirates recently announced it would create a "Minister for Happiness." Overall, the theme is that happiness is a better measure of human welfare & should be nurtured through a holistic approach, rather than focussing on measuring education, health, poverty, income and good government separately. It is believed this way we will create societies that are prosperous, just & environmentally sustainable. So, what can we individually take from this? Perhaps we can find a way to help & support other's wellbeing rather than focussing solely on our own happiness. Let's all find a way, however small, to give back & nurture others (especially those less fortunate). It is a well-known saying that the real joy is in giving rather than receiving and this Report surely indicates this the World around! Give to those socially disadvantaged, less privileged in what way you can - even if it is your time or a smile - anything to show others that there is someone who cares for them! Love Karen XX

Life Coach Tool: Ways YOU Can Contribute Today!



World Happiness Report 2016

I read a saying recently "Nothing Tastes Sweeter Than Giving Back." And I believe it is so true. Below, I feature some suggestions by David J Singer, Author of 'Six Simple Rules for a Better Life' about his contribution to community service (which came later in life to him). What David J Singer has learned is how much of a difference he could make by donating his time and energy to good causes and people in need, rather than waiting for the day when he would be somehow wealthy and donate large amounts of money to charities. Let's take a look below at his suggestions, where he focuses on the benefits and ways we can contribute TODAY to community service and volunteer-ism:

1. There are many benefits that come from giving of yourself *ie meeting people whom you would not normally interact with*;
2. Volunteering is proven to be good for your health and happiness *ie studies have shown that people who volunteer live longer*;
3. Volunteering is a great tool in the fight against depression *ie its easier to temporarily forget your own problems when you focus on others*;
4. Following your passion is key *ie if there is a particular cause that is important to you follow that instinct*;
5. If you are not happy with where you are at in life, make a change *ie you will be the greatest service to the world if you spend time doing things you enjoy*;
6. Don't do too much, too fast *ie it can be easy to over commit to volunteering for too many things which may backfire on the cause/s you are wanting to help*;
7. At the same time, it's good to jump in with a "just do it" spirit *ie keeping the balance is key*;
8. Making a commitment may be the best way to make volunteering a part of your busy schedule *ie otherwise you are likely to say 'I'd like to but I don't have the time.'*

David J Singer offers some suggestions (following) on how to get involved:

Donate clothing, furniture, and other possessions to those in need; set up a collection program at your office for money and non-perishables; Participate or volunteer to help in bike-a-thons, runs, or walkathons, or if you're an ambitious athlete, participate in marathons and triathlons; Volunteer at a soup kitchen/homeless shelter; Teach English as a second language as a literacy volunteer, or as a first language to kids or grown-ups who need help; Tutor kids in maths or any other subject.

Be Inspired Article: 10 Questions with Louise Leahy!



Who is The Real Louise?

I was number six out of seven children. We grew up in a very loving home with my parents being the best role models. They taught us about respect, relationships, how to treat others, honesty and every other important trait needed in life. We therefore have a huge extended family and, believe it or not, we all get along well together. My husband and I have tried our best to instil those values onto our own children. My husband and I ran a successful Building Company for about 20 years. I then decided to follow my passion for the Fitness Industry and become a Personal Trainer. I have loved this role for the last nine years and look forward to the future.

Which five words best describe you?

Honest. Reliable. Sincere. Caring. Fun-Loving.

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

After school job at age 14 at Milk Bar. It taught me about the service industry.

What is your proudest achievement?

My three children and the fact that they have grown into fantastic adults.

What's been your best decision?

At age 46 to return to study and a life long passion for Health and Fitness.

Who inspires you?

Anybody that works either here or overseas to give others a better life either in education or aid work and sacrifices their own wealth and comfort.

What are you passionate about?

I am passionate about Health and Fitness and sharing my knowledge and enthusiasm in this field.

What's the best lesson you've learnt?

My parents taught me from a very early age about respect for others.

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

It would be hard for me to go past Mother Teresa, 'Peace begins with a smile.'

What dream do you still want to fulfil?

My husband and I would like to continue to travel the world and Australia.

What are you reading?

'Gift of Speed' by Steven Carroll.

Daily Hint: Make Someone Else Happy Each Day!

Thank you! Your Daily Hint this month is to take time daily to reflect on something you can do to make the world a better place, and how you too can contribute to a person, a cause. Endeavour each day to think of a way you can make someone else's day happy rather than focussing on your self. The Bonus! Making someone else's day will make you Even Happier!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm happy to introduce Louise to you - a beacon of light, respect, honesty and a woman living with wonderful values. As Louise reminds us (above), she takes her inspiration from growing up with strong family ties and values, and honors anyone who sacrifices their own wealth and comfort to make the world a better place. Thank you Louise for being a personal inspiration to myself and so many others!

”

We make a living by what we get, but we make a life by what we give.”

Winston Churchill

Yours sincerely,

karen vella

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**'ENTER THE APRIL
PRIZE DRAW To win
2 x 1 Hour
Powerful Life
Coaching Sessions
with Myself (Valued
at \$300).'**

I am so excited to announce a Brand New Promotion from yto! For your opportunity to win 2 x 1 hr Life Coaching Sessions with myself, I am delighted to offer you the opportunity to enter the April Prize Draw. All you need to do is click on the Link below.

<http://www.youretheone-specials.com>

And remember, the more you promote it via Social Media the more entries into the Draw you will get, & the more chance of being the Lucky Winner! Good Luck!

Offer Expires: 30 April 2016

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