

# You're The One Newsletter

MAKE LIFE *Sooo* WOWORTHWHILE!

Issue 11 Vol 5 May 2016

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## What's New With Karen

Welcome to May. During April, I noticed that my thoughts turned to 'finding that little something' (secret indulgence/guilty pleasure/special treat/or even rescue remedy) to make living soooo worthwhile. I came to the conclusion that we not only need a daily indulgence, but a weekly, and a monthly one to look forward to! Here are mine presently: my daily indulgence is, my love affair with the divine aromatherapy oil 'Rose Otto' which I wear on pulse points when I have my evening 'wind down.' My weekly indulgence is to escape with a movie (often a treasured old Hollywood one), that soothes the spirit. My monthly indulgence is a special treat that I love, muse over daily - yet can wait for-usually at end of the month; (something like a beautiful new garment). All these 3 indulgences really lift my spirit, soothe my soul, light up my world and make life soooo worthwhile. So I'm curious what are your secret indulgences/guilty pleasures/or little treats that you are giving yourself along the way. This newsletter is dedicated to discovering ways to always find something to enjoy on our journeys! Love Karen XXX *PS Happy Mother's Day to my Beautiful Mum & Step Mum and to all the Mums out there! May we totally spoil them with indulgences they richly deserve.*

## Mojo Tip: Self Pampering Is Vital!



### Hilary Clinton Knows the Value of a Wellness Retreat

The 5th step on your magical Mojo mindset for 2016 is to see pampering as a necessary part of life! People with Mojo know that in order to be at their best, healthiest, and happiest, they need to find ways to regularly indulge and pamper their holistic wellbeing. These mojo-esque role models are devoted to finding ways to switch off the brain, relax, wind down, dream, and luxuriate in order to get the very best out of life and themselves. My Role model this month is Hilary Clinton, whom with her run for the US presidential campaign, is currently under constant media and public scrutiny. To escape the public glare, the Clintons have been known to escape to the historic 'Golden Eye' in Jamaica for some pampering. This luxurious residence has historical significance, being the former home of Ian Fleming, Author of James Bond 007 and where he penned his 14 Bond Novels. 'Golden Eye' is now owned by Music Mogul Chris Blackwell & said to be beautifully restored to virtual flawlessness - understated, serene and covert, an ideal place for absolute privacy and a retreat for people,

such as the Clintons from the outside world. The theme here is that each person needs to find something in life to look forward to otherwise life can become all work and no pleasure. We can all take a lesson from Hilary, understanding that self attention that pampering brings about really is an affirmation to ourselves that 'Yes, I am worth this time and attention.' It is vital (especially for those who tend to focus on helping others) that we need to care for ourselves. We need to have enough positive self esteem to prioritise ourselves so we are then in a position to do this for others. Afterall, how can we be in touch to be able to do this for others, if we don't do it for ourselves? The lesson here really has its root in our self esteem; feeling we are worthwhile is necessary to being able to help others to feel this way too. If you are out of touch with what it takes to feel this way (or perhaps feel you don't deserve to pamper yourself) how can you be in a position to know that others like to feel special and enjoy pleasure too? No matter how busy a schedule you have remember the importance of self care. It is not selfish; in fact by taking time to spoil yourself, you raise your mood, elevate your self esteem, energise yourself so that you are in the long term not only more productive but better to be around! Here's to you and your self care that will make your life simple sooooo worthwhile. Love Karen XX

### Life Coach Tool: 10 Ways to Indulge Your Self!



#### Golden Eye Fleming Room Reception Where the Clinton's Retreat

At the end of the day we need to know that all the hard work in life is worth it! So, here are 10 ways to reward/splurge/indulge yourself which you can incorporate into some, daily, weekly and monthly rituals/habits to make the journey soooooo worthwhile. Enjoy:

1. Book a Retreat; give yourself an opportunity to reflect and reconnect with yourself.
2. Buy Your Favorite Drink; shouting yourself that amazing Barrista made coffee in the morning can make your day worthwhile.
3. Sleep in Sometimes; keep your spirit calm and rejuvenate and allow yourself the indulgence to sleep in sometimes.
4. Splurge on Something; when working towards big goals, small incentives on the way are vital.
5. Plan a Trip; take a break to get away from it all to somewhere new.
6. Extend a Trip; if you are on a conference try extending an extra night or so to explore great locations.
7. Soak in a Long, Luxurious Bath; perhaps use a special soap, and candles to make yourself feel special.
8. Book A Massage or Facial; one of the greatest self rewards is a massage - a wonderful way to transport the mind.
9. Try Aromatherapy; use essential oils in a vaporiser to relax and uplift the spirit.
10. Curl up & Watch A Great Movie; switch off, and allow yourself to escape with a wonderful movie and a snack.

*So, whether you decide to use a special Aromatherapy Oil for that extra sensory pleasure, plan a sleep in one day a week, allow yourself a Movie Night with your favorite DVD and treat, put on your favorite perfume, or outfit just for yourself even if you are not going anywhere special -whatever it is, you are giving yourself the message that you are important enough to do these things for yourself and*

*is therefore beneficial to your self worth and self esteem. And remember at the end of each day, we need to be able to look ourselves in the mirror and tell ourselves that we are amazing, and that we are loved and our lives are soooo worthwhile! Enjoy the journey more than ever now!!!*

## **Be Inspired Article: 10 Questions with Sonya Crowther!**



### **Who is The Real Sonya?**

I grew up in Regional Victoria and moved around a great deal after graduating from Uni. I now have the pleasure of setting down roots with my husband and three beautiful daughters. I have always loved the outdoors and have developed such a passion for healthful living. With an interest in health, I went back to Uni to study nursing, however, the timing was not right and so I made, what seemed then to be a difficult decision, and withdrew. Last year I trained to be a volunteer Ambulance Officer in a town an hours drive away and it was around then that I was introduced to doTERRA pure therapeutic grade essential oils. I was so impressed with their purity and potency that I just kept reading about them and using them. I now do classes about the oils and feel privileged to empower others to have an affordable and safe alternative and to grow as a person as I grow my doTERRA business.

### **Which five words best describe you?**

Honest. Compassionate. Loving. Forgiving. Grounded.

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

Before I was even old enough to have a job, my friend and I rode our bikes down to a local Cabinet Maker and asked if he had any work so that we may earn some money. Since then I've had such varied and amazing working experiences.

### **What is your proudest achievement?**

Creating a beautiful and harmonious family.

### **What's been your best decision?**

Recognizing when it was time to leave the job that I believed to be my dream job.

### **Who inspires you?**

People who will stand up for a cause they believe in or the disenfranchised.

### **What are you passionate about?**

I am passionate about low toxic and healthful living.

**What's the best lesson you've learnt?**

Not allow my fear of what others think and to go outside my comfort zone to grow as a person.

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

Simon Sinek.

**What dream do you still want to fulfil?**

To sail around the world in a catamaran with my husband and children - taking as long as we need and want.

**What are you reading?**

'Sarah's Last Wish' by Eve Hillary (if you can get your hands on this, please have a read)!!

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**Daily Hint: Do One Thing Each Day to Make Life Worthwhile!**

Thank you! Your Daily Hint this month is to find a way every single day to make your life worthwhile. Make a decision each morning there is one thing you are truly looking forward to and make this a habit. As you improve your self care you may notice how you feel better in your own skin, and then reflect this out to others in the world, making yourself and others in your circle a recipient of the feel-good brain chemistry. And, please share this message with your loved ones! Life being worthwhile is vital!!!!

*I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm thrilled to introduce my friend of many years (and Aromatherapy Advocate) Sonya. Sonya lives and breathes a harmonious and holistic lifestyle and she is the perfect role model of a person who knows the importance of rejuvenating ourselves so we can give to others, and make our journeys sooooo worthwhile! There is not enough room in my newsletter to write all the glowing words to describe Sonya, however, I am sure from reading the interview you can tell she is a woman of decency and committed to creating a healthy and happy life with her beautiful family, and sharing her message of health and well-being with the World.*

"I

*f you wish to achieve worthwhile things in your personal and career life, you must become a worthwhile person in your own self-development."*

*Brian Tracy*

Yours sincerely,

*karen vella*

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**'FREE SAMPLE  
DOTERRA  
ESSENTIAL  
OIL'**

As a Special Promotion for the month of May, (& remember to mention yto), Sonya is offering a free sample of 'Wild Orange' Essential Oil (for uplifting one's mood) to anyone interested in learning more about these beautiful '

Gifts of the Earth' Oils.

Sonya will post your free gift-please make contact at:

<https://www.mydoterra.com/sonyacrowther/>

**Offer Expires: 31 May 2016**

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