

# You're The One Newsletter

LIFE IS GOOD!

Issue 11 Vol 6 June 2016

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## What's New With Karen

Welcome to June. During May, I felt moved to purposefully shift my attention off 'bad' news stories and on to 'good' news instead. In a world where we are often bombarded with an imbalance of negativity I explored the need for a rebalance towards more optimism, hope and belief in the good of the planet and people. I've made the switch; switching to thoughts that 'life truly is good at the core.' It truly is amazing how much good comes flooding back - and once again I am reminded how truly good life really is. Feeling so good, I've even booked a mini break with Mum to the Sunny Gold Coast this month & I can't wait. Perhaps it is a time to ask yourself as I did: "Is it time to flick the switch from 'negative' to 'positive'. I invite you to join - disconnect from anything draining your energy & instead switch your focus to feeding your flame, by celebrating all the good in your world and life! Love Karen xxx

## Mojo Tip: Shifting the Focus on to Good News!



### Noni Hazelhurst Accepts The Logies Hall of Fame Award 2016

The 6th step on your magical Mojo mindset for 2016 is to shift your perspective and balance the daily (often not so good) news with some good news. People with Mojo are broad-minded about their approach to news, knowing both the importance of keeping up with the daily events, yet keeping their perspective of still viewing the world through a positive lens. In fact they often purposefully seek out ways to get their daily dose of good news. Such media publications are growing such as The New York Times, with its weekly column called "Fixes" (exploring solutions to major social issues); and The Washington Post with its newsletter entitled "The Optimist" (a collection of feel-good stories and tales of people beating the odds). On the theme of prioritizing the good, my perfect Mojo Role Model is the talented, wise-sage-mother, Noni Hazelhurst, who recently accepted the Logies Hall of Fame Award in which she took aim at an industry, government, and society 'growing cold'. During Noni's speech she called for a change stating: 'I'd love a channel that features nothing but stories that inspire us and reassure us and our children that there are good things happening and good people in the world.' Noni reminds us all of the importance of shifting the focus back to one of positivity and optimism, and to reassure our children that the world truly is a good place with good people in it. So what can we individually do to counterbalance the negative with the positive? Perhaps we could consciously daily

make a decision to discuss the good things in life, like love, faith and hope with our colleagues, friends, family and loved ones. Imagine a world in which there was more focus on the wonderful things in life - the ripple effect could be far reaching, perhaps even leading to a more understanding, peaceful and harmonious society (with less fear). And who knows perhaps if we (the public) demanded more good news, the media would also follow suit with a more balanced approach. Imagine the benefits to our society's overall collective state of mind? This could be profound, with research showing that paying attention to positive emotions literally expands our world, while focusing on the negative feelings shrinks it. Imagine the implications for our daily experiences - just by switching our focus to the good, we will feel better. As much as I also believe it is important to be updated on our current news stories, I think that we need to remind ourselves daily that overall we are safe (despite unfortunate events), the world has wonderful people in it, and that peace, love and harmony will always prevail. Is it time to remind yourself how good life is again? Love Karen XXX

### **Life Coach Tool: 6 Ways to Focus (For Your Own Good)!**



**Extra! Extra! Read All About It! Good News!**

On the theme of switching our focus off the bad on to the good, I read an interesting article recently by Eric Barker in Time Magazine titled: "Undivided Attention: 6 Ways to Focus That Will Make You Happier." Eric proposes that giving undivided attention to something can make us happier. The theory is that all day long we are selectively paying attention to something (more often than we may suspect). The key is to take charge of this process, a key to controlling your experience and ultimately your well-being. Here are 6 ways below:

#### **Undivided Attention: 6 Ways to Focus That Will Make Your Happier**

- 1. Reappraisal**; how you react to things is more important than what actually happens.
- 2. Focus On Those Who Believe In You**; selectively pay attention to your positive reinforcers.
- 3. Seek Flow**; seek to be so engrossed in what you are doing, that the world falls away.
- 4. Make Boring Things Into a Game**; even dull can be more appealing if you change the activity into a game and make it a challenge;
- 5. Schedule Challenges For Your Leisure Time**; schedule things in advance that you love so you lose yourself enjoying your free time more;
- 6. Take Time To Savor**; take time to pay attention and appreciate the good things in life.

*There are millions of things happening in our world right now (some good, some not so good). In this world of modern technology with the ringing of iPhones, pinged of messages, etc, our brains can be in information overload. Being in control of our attention, gives us a lot of power, because we know that we don't have to focus on a negative emotion that comes up. The above 6 suggestions are ways of training our focus to search for evidence of the good and giving our state of being increased calm, peace and flow. And that's where we get to experience the world is a good place to be!!!*

## Be Inspired Article: 10 Questions with Emily Masotto!



### Who is The Real Emily?

The baby of four children, I grew up in Cairns, with just myself & my Dad in a Motel he managed. He taught me about hard work and unconditional love. I have also lived in Melbourne and a magical place called Cape Tribulation. I have always loved meeting people from all different walks of life. Aged 28 I'm back at home with my Dad; but the time has come again to leave the nest and head out on a new adventure. I'm moving to the Gold Coast to pursue my dream of becoming a Yoga Teacher and to connect with people and try something different. It's always good to get out there and see what the world has to offer.

### Which five words best describe you?

Confident. Honest. Creative. Adventurous. Caring.

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

I grew up in a motel with my father who was always giving me jobs: from reception, house keeping and waitressing. I think this allowed me to become a very people person and have continued your work in the hospitality/ tourism industry and later moving into retail sales.

### What's your proudest achievement?

When I took myself overseas at age 23. Everyone told me I couldn't do it and it wasn't safe. I worked hard and saved all my money and I proved them wrong. I also found out a lot about myself in the process.

### What's been your best decision?

Never give up on yourself.

### Who inspires you?

People who follow their passion and dreams.

### What are you passionate about?

Yoga, self love, achieving goals and being the best version of myself. And animals - I love all living creatures.

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

If you want something go and get it, don't listen to negativity as your thoughts create your world!

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

David Attenborough.

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

To become a yoga teacher and work with animals.

### What are you reading?

'The Art of Happiness, by the Dalai Lama and Howard C. Cuttter. It's my second time reading it after a few years. Such a great book and I have gotten so much from it as its looks at life from a western perspective as well as eastern spiritual tradition.

**Daily Hint: Seek Out Daily More Good News to Share!**

Thank you! Your Daily Hint this month is to seek out daily more good news! Find good stories and spread the word of all the good things happening and lift your state and those of others in your world. Each day do it with a smile and watch how you start to believe how wonderful life truly is again!!!!

*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 a beautiful young lady, Emily, whom I've known since she was a little girl. I'm proud to say that Emily has grown into a very spiritual, kind and loving young woman. Be inspired by Emily's story as she follows her creative path in life, by refusing to buy into negativity, and bringing more goodness into the planet with her love of all living creatures.*

*"There are more good people than bad people, and overall there's more that's good in the world than there is that's bad. We just need to hear about it, we just need to see it."*

*-Tucker Elliot-*

Yours sincerely,

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**'VOUCHER  
OF SOME  
GOOD NEWS  
TO SHARE'**

This voucher entitles YOU (the holder) to a simple piece of good news! You may wish to share this around! The Good News is that "Being Nice is Part of Human Nature."

A Recent Team of Researchers from Yale University have found that most people are inherently good and kind-hearted. It seems famed evolutionary scientist Charles Darwin was right - that nature favoured co-operation because it urged humans to work together and help each other out, ultimately increasing our chances of survival as a species. (Please pass this voucher on to anyone whom you know could benefit from good news - please remember to mention YTO - [karen@youretheone.com.au](mailto:karen@youretheone.com.au))

**Offer Expires: 30 June 2016**

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