

You're The One Newsletter

A LESS FRANTIC LIFE

Issue 11 Vol 9 September 2016

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What's New With Karen

Welcome to September. In August I became acutely aware of how often I had been describing my life as frantic. Simultaneously, I had a deep knowing in my heart that I owed it to my loved ones (and of course myself) to let go of this frazzled, frantic, overwhelmed, state. One evening recently, I was glued to ABC radio when hearing the writer, Kelly Exeter, describe living a less frantic life, each word resonating with my soul. So I am delighted to say that in this newsletter, I share ways to let go of our perfectionistic goals, and to live in a way Kelly describes as a framework called "Practical Perfection". So let's step into a fresh new Spring (a great time for reinvention & rebirth) with a calmer, present & happier state (rather than a frantic, agitated one). Hope this helps you & your loved ones as much as it has myself! Love Karen xxx

Mojo Tip: Goodbye to Over-striving!

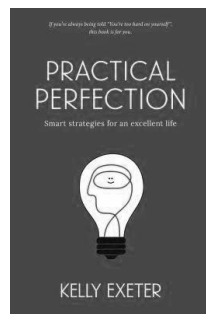


Anna Meares, the Team Captain & Australian Flag Bearer At The Rio Olympics

The 9th step on your magical Mojo mindset for 2016 is to create a new model of 'practical perfection' and let go of unrealistically high expectations. People with Mojo identify their values, their passions, their priorities, and then productively focus on finishing (perhaps fewer but more important) projects. They are more compassionate to themselves, looking after their body/mind/spirit, and allowing themselves whitespace daily just for 'browsing/meandering' rather than filling each minute with over achieving. Despite being 'strivers' these Mojo-esque role models have adopted a happier, more present, state of living. When I think of a perfect role model for this newsletter (a high achiever perhaps on the brink of contemplating a similar mindset) I think of track cyclist, Anna Meares. Anna, the team Captain & Australian flag bearer at the Rio Olympics, is Australia's most decorated track cyclist in Olympic history, with 6 medals to her name. However, during the recent Rio games, after taking out bronze in the keirin final, she expressed an emotional disappointment after missing out on her individual race (finishing 10th in the track sprint). During her interview Anna, always highly driven & competitive, described herself as a 'perfectionist.' Now, though, at 32, Anna has decided to come home, speak with loved ones & take some time to reflect & consider her future. Anna is a perfect role model for this newsletter - obviously being a super driven, high achiever, she is

giving herself some 'practical perfection' time to reflect on her happiness. Perhaps there is something we can all take from this. We can all adopt a new awareness and hopefully start a new framework for living more 'practically perfect.' Imagine how exciting it will be to bring the new you into the world. You can still achieve the things you want to but lose the stress. And the people who love you will see the new you emerge having time and space to be present & truly enjoy each other's company. The world will benefit! And most importantly You! And just imagine you may discover that by stepping out of your head into the real world, you will be in a happier state and who doesn't want that. Love Karen XXX

Life Coach Tool: 4 Keys to 'Practical Perfection'



'Practical Perfection' Kelly Exeter's book

Tired, irritable, vague, distracted, unable to sit still and relax? Feeling burnt out, overwhelmed, like a hamster on a wheel? Sounds like you? Then, perhaps you too, are a Striver (someone who expects a lot of themselves and sets unrealistic standards). Research shows that whilst this could be a hardwired part of our personalities we can all become more self-aware to create a happier state. Kelly Exeter's book "Practical Perfection - Smart Strategies for An Excellent Life" is a fantastic read. Kelly's book was borne after she found herself in a deep hole of stress, anxiety & depression after the birth of her first child, as she strove towards her unrealistically high standards. Kelly, now an expert on the topic, helps other highly driven people to overcome the same certain patterns of behaviour she had been repeating. I now share some of Kelly's tips below:

Key 1: Letting Go of Burnout

It's time to find something in your life that gets you out of bed with a spring in your step every morning.

Key 2: Letting Go of Overwhelm

It's time to bring your priorities into sharp focus that will give you that much-desired feeling of control.

Key 3: Letting Go of the Hamster on the Wheel Feeling

It's time to stop mistaking activity for accomplishment, by productively finishing the things you start.

Key 4: Letting go of Being Too Hard on Yourself

It's time to develop more self compassion, and offer the same kindness to yourself that you extend to others.

To summarise, I invite you to read Kelly's book, of which I have only shared some of the insights for you - there is so much more for you to explore, and hopefully become more self aware so that you can make some changes. As Kelly says the aim is overall for a new framework which will help you practice better self compassion, because that is what sets you up to be the person you most want to be: someone who can bring your best self to the world more often than not. And that means for a happier person who gets to be better to be around!!

Be Inspired Article: 10 Questions with Kelly Exeter!



Who is The Real Kelly?

I'm a wife, mother, writer, editor, designer, business owner, runner, podcaster ... the list goes on. Over the past six or so years I've transitioned from being a very stressed out, perfectionist over-achiever to being a much more chilled out, perfectionist over-achiever. This has taken a great deal of self-reflection and good old hard work - something I've detailed in my latest book, Practical Perfection.

Which five words best describe you?

Driven. Kind. Quiet. Reflective. Competitive.

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

I worked in the restaurant at Adventure World (a theme park here in WA). It was basically like working at a McDonalds. My next jobs were all at the recreation centre at University - front reception, fitness instructor and kids program leader. I actually went on to work for them full-time once I finished Uni - managing all their programs. Then I realised that even though I loved sport and recreation, I didn't want to work in that industry. So I retrained in graphic designer and have been a designer ever since. I'm also a writer - something I've done in some way, shape or form for my entire life.

What's your proudest achievement?

I think I'm probably supposed to say 'my kids' here but they're not an achievement, they're more biology :) My proudest achievement is winning a big triathlon here in WA. I knew before the race started that particular year that it would be my best (and probably only) chance of winning that event. So actually managing to do it was a pretty huge deal for me

What's been your best decision?

Falling in love with the guy who went on to become my husband.

Who inspires you?

Almost too many people to name so I will say my mum. We never had a lot of money growing up but she found a way to always ensure we had what was needed. Now, she is about to retire and her careful

financial management over the years means that she and dad can enjoy a comfortable retirement. I think that is so impressive.

What are you passionate about?

Family, learning, getting the most out of myself and helping others get the most out of themselves.

What's the best lesson you've learnt?

Always have financial buffers in place. Because there will always come a time that you will need them.

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

Elizabeth Gilbert or Gretchen Rubin - both amazing writers and thinkers.

What dream do you still want to fulfil?

Living in the French countryside for 6 months with my family.

What are you reading?

Right now I am re-reading Bill Bryson's "Down Under" for about the tenth time. We recently moved house and all my books finally came out of storage. "Down Under" is a real comfort read for me and I am thoroughly enjoying it the tenth time around!

Daily Hint: Find Ways Daily to Meander, Smile and Achieve:)

Thank you! Your Daily Hint this month is to take on board something every day that you become aware and make daily mindset changes so that you are (as Kelly put's it) a "more chilled out" overachieving perfectionist! And make sure you find meandering time every day! Put a smile on your dial each day and be happy! Enjoy the journey.

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 Kelly Exeter to you. Kelly, to myself, and I am sure to so many overachievers out there, is a kindred spirit. I just know you are going to be able to take some of her nuggets of wisdom, and use it to transform yourself out of the frantic state, into a happier way of enjoying your journey, and still achieving what means the most to you! Be inspired by Kelly's personal story - by adopting her new model of 'practical perfection'.

Here's to being a happier overachiever!

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Eat Less, move more, buy less, make more, stress less, laugh more, feel blessed, love more. Find a quiet spot every day and breathe."

-Kelly Exeter- (A Manifesto for a Simple Life)

Yours sincerely,

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INTRODUCING

Kelly Exeter

& 'Practical
Perfection'

If you are interested in reading Kelly's wonderful book 'Practical Perfection', the best way to make contact with Kelly is via the link below:
<http://kellyexeter.com.au/practical-perfection>

Pass this voucher on to anyone whom you know could benefit from such a wonderful resource - please remember to mention YTO -

karen@youretheone.com.au;

Offer Expires: 30 September 2016

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