

# You're The One Newsletter

PERSEVERE. ENDURE. YOU GOT THIS!!

Issue 12 Vol 2 February 2017

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## Karen Recommends



### COMING SOON TO THIS SPACE!

2017 - Mojo Classes  
2017 - Best Year Workshops  
2017 - Webinars  
2017 - New Products  
2017 - 1 on 1 Life Coaching  
And more....

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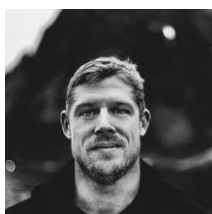
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## What's New With Karen

Welcome to February 2017! During January, I had a very rare evening of feeling like I had reached the end of my tether. I'd had a particularly stressful 2016, filled with some traumatic events which I had rarely spoken of, even to those most close to myself. On this one particular night, feeling unusually at rock bottom, fatefully my Father rang me out of the blue and I opened up about how I was *truly* feeling. My Dad was my Angel - and reaffirmed the way he had brought up his children and that is "*to never give up, tomorrow is a new day & never give in.*" It was the message I needed to hear (delivered with support, encouragement, and strength) and after letting out all that had built up, I woke the next morning strangely renewed. From that day forwards almost immediately great breakthroughs and better things started happening in my life. I share this story with you, to encourage you to open up and share your truth with someone whom you trust and value. Once you 'let it out, the healing can take place', & then you'll be ready to 'get back on the horse' (so to speak). This Newsletter is designed to inspire and empower you too to persevere, and endure as your breakthrough is most likely right around the corner. You will be rewarded, you will be strengthened, you will be renewed with a new confidence, stamina and joy! Yes you've got this in the bag!!! Love Karen XXX

## Mojo Tip: Private Pain Leads To A New Happier Era!



Mick Fanning, ProSurfer & Charity Activist, and Recipient of Order of Australia 17

The 2nd step on your magnificent Mojo mindset for 2017 is to 'persevere' no matter what the circumstances. People with Mojo are masterfully armed with wisdom to persevere, endure, & remain patient and steady when life hands them unexpected private pain. They somehow have gained the insights and knowledge to not let these burdens (even when experiencing multiple unforeseen traumatic incidents within a short amount of time) make them weary. When I think of a perfect role model this month, my mind goes to Pro Surfer and Charity Worker, Mick Fanning, who has just been honoured with The Australia Day Order of Australia Award for his distinguished service to surfing and as a supporter of a range of charitable foundations. In 2015, Mick endured a lifetime's worth of misfortune in a single year, but he handled every hardship with grace and dignity. He went through the breakup of his marriage, the tragic loss of his brother, Peter (after losing another brother, Sean, in 1998 in a car accident) and a shark

attack. Mick took time out to heal and concentrate on his new emerging priorities which are based on putting smiles on others' faces (as a Starlight Ambassador, an active supporter for Wings for Life Spinal Cord Research and a Cure for MotorNeuron Disease and many other charities). He is a symbol of perseverance for anyone experiencing life's burdens. So this month, I encourage you to gain a fresh new perspective when seeing whatever life throws at you, and to know, that you, just like Mick, can retain your strength, your dignity, your grace during difficult times. We often don't know how to decipher why these things have happened to us, seeming to be out of our control. I personally have wondered if it may be a Higher Power endeavouring to bless us in a new direction by delivering a bombshell along the way to our comfort zones. Or perhaps it is the Universe handing us a 'huge message' possibly because we have not been 'listening to the subtle messages along the way.' It can seem to dump upon us some unexpected event or a series of events, that may even last some months, possibly longer. Whatever way we interpret it, the truth is, we often ask 'why us' during these moments. May you know however, that you are destined for great things, you are destined for more success, you are destined for your reward. The day will come soon when you will get the glory you deserve. Just don't give up in the meantime. Take some time out for personal healing, take time out to share what truly has been happening with your inner sanctum, and let time heal. Everything works out in time. Time heals all wounds. And your time is right around the corner. Remember, just when you think you've had enough, and you are about to 'breakdown' your 'breakthrough' is awaiting you! Persevere. Endure. You've got This in the Bag! You are simple amazing - I believe in you!! Your new life awaits and the good news is it is a better one than before - just trust! And remember Mick Fanning's story for us all. Love Karen XXX

### Life Coach Tool: Find Your Theme Song '*The Greatest*'



#### SIA Lyrics -The Greatest

My hint this month is to find 1 or 2 songs that really inspire you to overcome any adversity and believe in yourself. Recently, I listened over and over again to Sia's 'The Greatest' and Katy Perry's 'Rise' and I felt empowered with a newfound joy, strength, hope, and power (just knowing others too have been through similar emotions). Here are some lyrics below:

#### "The Greatest" by Sia

Uh-oh, running out of breath, but I  
Oh, I, I got stamina  
Uh-oh, running now, I close my eyes  
Well, oh, I got stamina  
And uh-oh, I see another mountain to climb  
But I, I, I got stamina

Uh-oh, I need another lover, be mine  
Cause I, I, I got stamina

Don't give up, I won't give up  
Don't give up, no no no  
Don't give up, I won't give up  
Don't give up, no no no

I'm free to be the greatest, I'm alive  
I'm free to be the greatest here tonight, the greatest  
The greatest, the greatest alive  
The greatest, the greatest alive

Well, uh-oh, running out of breath, but I  
Oh, I, I got stamina  
Uh-oh, running now, I close my eyes  
But, oh, I got stamina  
And oh yeah, running through the waves of love  
But I, I got stamina  
And oh yeah, I'm running and I've just enough  
And uh-oh,...

*I encourage you to find your 'power' songs - those that inspire you to step out boldly, to overcome adversity, to believe in yourself, to throw off life's burdens, and see your future with a new perspective, new hope, and a new appreciation for the reward that lies in waiting. You may be more blessed that you realize!! See what happens next - you are simply 'the Greatest.'*

### **Be Inspired Article: 10 Questions with Joe Zucco!**



#### **Who is the Real Joe?**

My name is Joe Zucco. I am a St Bernard's boy, born and bred in the North/West area of Melbourne and am happily married to Natasha and have a young son Harry. My background is a Commerce Degree at Deakin University, followed by a football career that ended due to a knee injury, and now my current Career of 17 years in the Real Estate Industry. My priorities and passions are family no 1, real estate no 2, and sport no 3 (being an avid Collingwood supporter, an enthusiastic, if necessarily infrequent golfer and keen VRC Member.)

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

Respectful. Loyal. Caring. Genuine. Funny.

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

Night Fill (stacking shelves) at Big W Highpoint while doing a Commerce Degree at Deakin University, then moving into a company that did Data/Voice Cabling. As fate then happened I injured my knee spelling the end of my football career and the start of my Real Estate Career (where I have been successfully continuing for the past 17 years)!

**What's your proudest achievement?**

From a personal side of things definitely the birth of my son Harry (now 3 years old) - nothing prepares you for it. From a business side of things lasting almost 17 years in the business & the strong long lasting relationships I have forged with clients.

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

100% it has been to make the move to work for McDonald Upton Real Estate; having been with Paul & Sheryl for 5 years now so much of my life has changed for the better; & Paul McDonald is the best person I have had the pleasure of working with & alongside in real estate.

**Who inspires you?**

Different people inspire me for different facets of life but my wife Natasha is possibly the most inspiring person I know! She certainly has brought the best out in me and continues to be a driving force behind everything I achieve. She is very hardworking, still works two jobs, never complains and a great mother to boot - she is amazing!

**What are you passionate about?**

I have 3 genuine passions in my life: my Family - I will do anything for them; Real Estate - still love it after 17 years; Sport - love my sport - it is my outlet (football, golf and horse racing).

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

Real Estate is a business that can be unbelievable one day and emotionally exhausting the next; I have learnt (predominantly through Paul McDonald) that the highs and lows will always be there and learning to deal with this has made me a better agent & more importantly a better person.

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

Elvis Presley - not sure why but he and his life has always fascinated me.

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

In my business life at some point down the track would like to become a business owner/partner & I continue doing some property developing with family/friends. In my private life taking my family on a European vacation, and to visit Hong Kong for its amazing horse racing.

**What are you reading?**

'The Slight Edge' by Jeff Olsen (a christmas gift from Paul McDonald).

**Daily Hint: Daily Remind Yourself To Process Your Feelings.**

Thank you! Your Daily Hint this month is to start to 'open up and share your truth more' of anything you have buried within. You will find you lift your burden, and the healing can take place. Remember it is not

a weakness to share your story or truth with someone close to you - infact it shows a sign of great strength! So each day I encourage you to be conscious of your true inner feelings, and also to encourage others in your life to 'open up' about what they are truly feeling inside. I guarantee your bond with that person will deepen and you will feel wonderful. And also remember to play your power song/s daily.

*I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm so happy to introduce you to Joe Zucco. I recently met Joe and his lovely wife Natasha, and I can say from the first meeting, I found them both soooo likeable. Jo credits a lot of his success to his wonderful wife, and he is an example of a person whom has learned to process the highs and lows of the industry, and be a better person because of it. He also would have been confronted with a very challenging time when his football career ended due to a knee injury. He is a great example of someone who endured, persevered and now lives happier days after some not-so-easy times!*

*'A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.'*

*-Christopher Reeve-*

Yours sincerely,

*karen vella*

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## Meet Joe Zucco

### The Likeable Agent

If you would like to talk to Joe about buying or selling property, Joe is available on 0414 557 895 or via email: [joe@mcdonalddupton.com.au](mailto:joe@mcdonalddupton.com.au)

And don't forget to mention karen at yto [karen@youretheone.com.au](mailto:karen@youretheone.com.au)

**Offer Expires: 28 February 2017**

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