

You're The One Newsletter

FLAWED TO FANTASTIC!

Issue 12 Vol 5 May 2017

In This Issue

[What's New With Karen](#)

[Mojo Tip](#)

[Life Coach Tool](#)

[Be Inspired Interview](#)

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....

Quick Links...

[Our Website](#)

[Products](#)

[Services](#)

[More About Us](#)

[Join Our Mailing List!](#)

What's New With Karen

Welcome to May 2017! During April I celebrated the making of my Confirmation/Holy Communion (having been baptised at 6months and never completing any other sacraments). Occurring during the Easter Vigil, the evening was incredibly sacred and personally meaningful - feeling spiritually sealed with beautiful gifts, an occasion more perfect than I could even have imagined. However, as I entered the very next week, it seemed I was 'tested' as I was confronted and reminded of my own flaws (by others). Moving from initial denial, and self righteousness, followed by acceptance and deep humility, I changed. I understood that this 'Blind Spot' was revealed as a precious gift and opportunity to bring out of the shadows an area that was seeking illumination and change. This newsletter is devoted to all of us as we transform our own flaws into wonderful nuggets of gold; *simply put new treasures laying dormant within*. Love Karen XXXX PS Happy Mother's Day to my Amazing Mother (my rock) Dawn, my Wonderful Step-Mother, Marianne and all our Mothers in our lives.

Mojo Tip: Out of the Shadows Into The Light!



Samuel Johnson, Actor & Winner Gold Logie 2017& Advocate Breast Cancer Charity

The 5th step on our Majestic Mojo mindset is to humbly accept, & illuminate our blindspots in order to turn them into our strengths. People with Mojo use a combination of wisdom, courage and humility to break through hidden flaws and weaknesses within themselves. They seek to bring about what may have remained hidden to themselves (but often visible by others). They apply self knowledge and discernment to accept their flaws and turn them into opportunities for remarkable transformation on an ongoing basis. When I think of an example of someone who demonstrates this perfectly, I am guided to Samuel Johnson (the Actor who played 'Molly Meldrum' in the Australian 2016 Mini Series) and has just taken out the top Honor of Gold Logie at the 2017 Logies Awards. Samuel's life has been up and down and in the past had to confront many of his own blindspots, yet it is his honesty and humility that has allowed him to do so. He displayed this during his Logies Speech and at the aftermath when being honoured by his peers where he publically chose to declare his retirement from acting to focus on his Charity (The "Love Your Sister" Campaign, raising funds

for Breast Cancer) to assist his unwell Sister, Connie.) We can all learn from Samuel's life transformation. Moving from living stubbornly in our own habitual 'default' way to using our blindspots as opportunities to reveal character strengths and new chapters in our lives. And we all know the positive ripple effect this can have on everyone around us. Whatever way you decide to confront your own blindspot/s I would like to encourage you to start to do so. For myself personally, as I write this newsletter, it becomes more and more clear to myself what my first blindspot is & I am truly ready to transform. With a very healthy dose of humility I accept it is time to adopt a new way, a better way. I understand that this may feel very foreign initially, however, knowing this will enhance my life and those whom I interact with each day, empowers me to move swiftly and happily. Just imagine a world in which we all let go of denial, righteousness, self indignation and instead chose to make some changes to our own areas that remain hidden in the shadows. What a truly outstanding society we could have. And it all starts with one person - that person is YOU!!! Love Karen XXX

Life Coach Tool: Shrinking Our Blindspots!

	Known to Self	Unknown to Self
Known to Others	Open (Public knowledge; what I show to you)	Blind (Feedback - your gift to me)
Unknown to Others	Hidden (Private; mine to share if I trust you)	Unconscious (Unknown; new awareness can emerge)

The JoHari Quadrant

Wayne Hedlund is a US-based (spiritually gifted) Speaker, Coach, Organisational Strategist, Website Designer (to name but a few of his talents). Below find his excerpt on 'Shrinking our Blindspots.'

'Back in 1955 a couple of men came up with this great model to help people discuss various aspects of self-awareness. The word 'JoHari' is a combination of the two people's first names (Joseph & Harry). In the Johari window you see all four quadrants expressing personal knowledge or lack of knowledge regarding various character traits, weaknesses, etc. The above chart shows each of these quadrants.'

Quadrant 1: Open Self (Information about yourself that you and others know)

This is what we usually communicate to others or is obvious to nearly everyone. It may be something physical, like a blemish or your weight; or it could include things like your education, number of children in your family, a hobby or your job.

Quadrant 2: Blind Self (Information about yourself you don't know but others know about you)

Known also as 'Blind Spots'. This is where our ignorance can truly hurt us. Others see a weakness, flaw, or even a strength and assume you already know about it or choose not to tell you. You're left in the dark and don't even know it. For example, perhaps you tend to have strong body odor, often seem angry, rarely smile, etc. On the positive side, it's very possible others see a gift in you that would be great to strengthen and develop, but nobody ever says anything, e.g. hospitality. Blind Spot's may run much deeper and darker as well. This is where people have bought into lies earlier in life that they are completely unaware of. Lies may include pride, insecurity, an addiction, stubbornness, insensitivity, and more.

Quadrant 3: Hidden Self (Information you know about yourself but others don't)

This is what we conceal from others about ourselves. Sometimes there is a good reason for holding something back, computer passwords or confidential information about others. Other times it may include information you know would not be appropriate to share, ie a special moment with a spouse or with your Creator. The rest of the time this quadrant will include secrets - most of which we are embarrassed or afraid to share with others.

Quadrant 4: Unknown (Information about yourself that neither you nor others know)

This final quadrant is disclosed to the Creator alone. It will include the inner workings of your life, personality, character, history, sin nature, etc. that may never fully be disclosed to anyone else. That doesn't mean it won't one day be revealed. It's possible your Creator is waiting for the opportune time to reveal an unknown strength or weakness.

The Question to Now ask is 'What are you doing to shrink the 'Blind Spot' quadrant in your life.' It is folly to assume that we don't have blind spots. Remain humble and follow the proverb: 'He who trusts in himself is a fool, but he who walks in wisdom is kept safe' and 'Listen to advice and accept instruction, and in the end you will be wise.' There is an age old way for you to begin shrinking that window in your life; but it takes great courage to do so. Find some trusted people and ask them to share what they know or think about you. I'm not just talking about your best friend. Select several people who see you in different venues and who you trust implicitly to be open, honest, and loving with you. You might think the courageous part is sitting them down to ask them self-disclosing questions, but the really brave moment is when they begin telling you what you don't know. That is the moment of truth. It's the moment when you choose between foolishness or wisdom. I have one word of advice. Assume they are telling you the truth. To do otherwise is to be presumptuous - and dishonoring to them. After all, how can you judge if they are right if it's a blind spot? At the very least, admit that their commentary about you reflects a real perception, if not reality. A few questions to get you started: Questions: What do you view as my primary strengths? What do you consider to be my primary weaknesses? Do I seem approachable to you? Do you think people are afraid to confront me about anything? Is there anything you notice in my personal life/family that concerns you? Have you ever been aware of an 'elephant in the room' when I have been communicating? On a scale of 1-10 how would you rate my effectiveness as a communicator? If I hired you as a personal life coach, what would you want us to work on first in my life? Is it possible that I believe I'm good at something that others probably wouldn't necessarily agree with?' (Excerpt from Wayne Hedlund).

Be Inspired Article: 10 Questions with Andrew Crowley!



Who is the Real Andrew

I'm calling this my FAF year (Fifty and Fabulous). I truly feel so blessed to be me. I am an adoptee and have been raised by the most beautiful people that I am so incredibly proud to call my parents. I am very lucky to also have my birth mother (whom I met when I was 35) to be in my life as well. I think life is an incredible journey, the good, the bad, the ugly. It all helps us to grow and to become who we are. I'm at the stage of my life where it's all fun and easy. I have some incredible friends,

some of which I went to Primary School with who are still a major part of my life. Right now, I'm working in Melbourne during the week and travelling to my little beachside paradise in Loch Sport.

Which five words best describe you?

Fun. Caring. Easy-going. Loopy. Passionate.

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

I began work at a service station in Bendigo - a great chance to talk to people from all walks of life. I moved to Melbourne from Bendigo and worked for a government department then on to Telstra for many years. Then my career in the after hours home visiting doctor service industry began. Due to massive company growth, the operations was moved interstate and thus I was made redundant. At this point I decided I would retire but soon found that to be not as "fulfilling" as I'd imagined. One day I discovered virtually the same job, in the same industry & decided at that point that I was getting back in the game - and I am thankfully employed doing a job I love.

What's your proudest achievement?

I have lots I'm proud of, my children, my work, my own personal growth and achievements, decisions I've made.

What's been your best decision?

Wow - there's been lots - but at this stage of my life I would say returning to work.

Who inspires you?

This one's easy - my Dad. A brilliant man who could always answer any question - and if he was unsure would find the answer and get back to me.

What are you passionate about?

I am very passionate about life, having fun, not taking everything too seriously. If something in my life doesn't make me happy I walk away from whatever that may be. I believe that life is to be enjoyed and cherished.

What's the best lesson you've learnt?

That nothing lasts forever - make the most out of anything that makes me happy, take risks, have fun, ENJOY LIFE.

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

Nelson Mandela - some years ago a friend was commissioned to write a song for one of his visits to Australia - she commented after she had met him that he was the most interesting man she had ever met - from

then I thought he is a man I would love to sit and have a conversation with.

What dream do you still want to fulfil?

I have found this a really hard question to answer - there is no one dream - I've, thus far, had an incredible life journey and can only hope it continues!

What are you reading?

'Cloud Street' by Tim Winton (I saw the TV miniseries a couple of years ago and just found the book - an amazing story).

Daily Hint: Daily Reminder to 'Polish Your Flaw Into Gold'

Thank you! Your Daily Hint this month is to daily reinvest consciously in bringing your flaw from an area of weakness to a nugget of gold. See it as your time now to transform humbly, courageously, and beautifully. Know you are being changed for the better from the inside out!

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 you to a gentleman whose attitude to life stood out as powerfully positive from the very first moment of meeting! And I have seen this incredibly encouraging, kind, and caring attitude on every single occasion I have had the pleasure of connecting with him. I think we can all learn from Andrew's beautiful mantra on enjoying life - and take a leaf from his book - to take risks, have fun, enjoy life and walk away from anything not making you happy. Wow, be truly inspired by Andrew and his most amazing way of living his life!!

'Let every man, be swift to hear, slow to speak, slow to wrath.'

James: 1

Yours sincerely,

karen vella

yto owner & founder, performance consultant & life coach (cert iv)

yto nlp practitioner (nlp, Time@Line Therapy, Hypnosis, Coaching

M:0419570011 |

E:karen@youretheone.com.au | W:www.youretheone.com.au

Mantra:
'Face Your Own
Shadow'

Send this Voucher to those you care about as a beautiful reminder of the power of transforming our shadows into the light! Remember to mention karen at yto:

karen@youretheone.com.au



Offer Expires: 31 May 2017

Copyright © You're The One

Disclaimer: The ideas, thoughts, concepts and models (Information) that have been detailed above are those of the person sending you this communication and do not take into consideration your business finances, risk profile, legal and specific needs for your business. You should always seek sound financial and legal advice if you are unsure whether to act upon the Information provided. You agree to assume the entire risk as to your use of this Information. You agree to hold You're The One, its directors, shareholders, employees, agents, representatives and affiliates harmless in any claim or event.

IMPORTANT NOTE: You have received this email because you have subscribed to a past newsletter, readers resources or other communication. If you no longer wish to receive this message, please unsubscribe or change your preferences. (see the links at the bottom of the page). Please don't use the junk mail filter on your mail service as it prevents other subscribers on your USP from receiving their mages - thankyou!