

# You're The One Newsletter

MAKE 2018 YOUR HAPPIEST YEAR!

Issue 13 Vol 1 January 2018

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## Karen Recommends



### COMING SOON TO THIS SPACE!

2018 - Mojo Classes  
2018 - Best Year Workshops  
2018 - Webinars  
2018 - New Products  
2018 - 1 on 1 Life Coaching  
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## What's New With Karen

Welcome to January 2018! As I reflected upon my New Year message for you, I kept coming back to the theme of making 2018 amazingly happy. Personally speaking, I found 2017 a much less happy year & am excited about making 2018 great again! Happiness! It's the answer many give when I ask them what they want more of in 2018. Personally in 2017 I spent way too much time & energy trying mould myself to the whims of those around me, often overthinking what others were thinking of me (of which I have no control ultimately) which left me exhausted, drained and unhappy. Recently, I saw an interview of Hugh Jackman when launching his new Movie, 'The Greatest Showman'. Jackman was incredibly exuberant about sharing his universal message for humanity from his movie. The message being, to love, accept & embrace what makes us truly unique with the world, instead of hiding it for fear that others will not accept us. Jackman said that often it is that quirk that we try to hide that is the thing that makes us incredibly special. We live in a time when our personal wellness is paramount - so let's make a decision to be more of ourselves in the New Year and follow the path of happiness. Simply put, leave behind unhappiness, and step into happiness each moment, each hour, each day of the year! Happy 2018! May it be your happiest ever! Love Karen xxx

## Mojo Tip: Spread Your Joy Out to Make Others Happier!



Hugh Jackman spreads his joy to 89yo No1 Fan, Nana Mary, at Red Carpet Premiere

The 1<sup>th</sup> step on your miraculous Mojo Mindset for 2018 is to elevate & accentuate your positivity, knowing you can have a contagious effect on all in your world. People with Mojo overcome the obstacles and focus daily on making themselves & others feel good. They prioritise their own wellness, love their lives and therefore have the energy for their happiness to flow out from them to others. I've never featured the same person twice in my newsletter, however, I'm going to do exactly that as my role model this month - Hugh Jackman. I featured Hugh in my newsletter in January 2013 and now 5 years later I truly want to introduce him again. What I love about him is the positivity he brings to the people in his world. Fellow-actors & crew say working with him on the set, he creates such a 'family' vibe and happy atmosphere that it is contagious. People love him! He extends his exuberance to his fans! 89 year old Pensioner, Nana Mary, was still

numb after receiving 2 tickets to the Red Carpet Premiere of The Greatest Showman in Sydney recently, plus a kiss and cuddle from Jackman. Nana Mary shared, "I'm in a nursing home and I've got your picture plastered all over the walls. The nurses and everybody agree with me that you are the most perfect man on God's earth! Tell your wife she is the luckiest woman ever. Please!" So what is the 'magic potion' that helps Jackman stay positive, despite all the demands of working in Hollywood, sustaining a long lasting marriage of 21 years to Debra Lee Furness, and being a Father to their 2 children, Oscar 17, and Ava, 12. When interviewed recently by Jess Cagle in the US, Jackman stated that while his career may hit highs and lows, he can always count on his wife and family to be there for him. "We can kind of see all the ups and downs for what they are. Our priority is our family, and we're there for each other no matter what." The actor, 49, says he actively reminds himself that he wouldn't be where he is today without his wife. Calling Furness, 62, his "rock," Jackman says he always makes his wife a priority - no matter what the occasion may be. "Even at the Oscars, I walk out, I put my hand on my heart and I always look to Deb in the audience," he says. "Straight afterwards, I will not see anybody in my dressing room until Deb's been in. Because that is my foundation, that is the rock, that is the foundation of our family, and therefore my life." Jackman lives by the motto 'happy wife is happy life' and so he does prioritise Deb's happiness. With his 'rock and foundation' of his family behind him, it means, he can focus on being such a great positive role model for others in life! Let's all take a bow to the Greatest Showman and learn something from Hugh about how to spread the contagion of positivity throughout our own lives, those of our family & friends, and our colleagues - let's spread more joy every where we go! Just like Hugh! Remember, the saying, 'your vibe is your tribe' and people with Mojo are in the happy tribe! That's the one I want to always belong to as I wish you do too! Love Karen xxx

### **Life Coach Tool: 25 Habits of Successful & Extremely Happy People (Plus They are Fun to Be With!)**

**Happy people  
are fun  
to be with.**  
BE ONE.

**Happy People Are Fun To Be With - Be One!**

I recently discovered an article written by Peter Daisyme, a VIP Contributor on the 'Entrepreneur' website in which he describes the 25 Habits of Successful and Extremely Happy People. I share some excerpts from Peter's article below with you. I believe if we engage in these habits and adopt them as our own, we are sure to boost our happiness and ensure 2018 is happiest year in our lives so far!

#### *25 Habits of Successful & Extremely Happy People*

What's the secret to happiness? That can differ according to the person involved. But we do know that happy people have different habits and think differently than those who are miserable. So, the good news is, if you're trying to be one of those happy people, recognize that that desired emotion comes from within and that you have the power to literally turn that frown upside down by mastering some simple habits. Here's what happy people do and don't do.

1. They savor the moment.
2. They meditate daily.
3. They don't hold on to grudges.
4. They spend money on others.
5. They're busy, but not rushed.
6. They surround themselves with the right people.
7. They don't sweat the small stuff.
8. They celebrate other people's success.
9. They treat everyone with respect and kindness.
10. They're optimistic.
11. They're proactive about relationships.
12. They get enough sleep.
13. They spend time in nature.
14. They view problems as challenges.
15. They reward themselves.
16. They express gratitude.
17. They dream big.
18. They spend time alone.
19. They don't make excuses.
20. They have a growth mindset.
21. They spend money on experiences, not material things.
22. They have a morning ritual.
23. They take care of themselves.
24. They use their character strengths.
25. They engage in deep, meaningful conversations.

*Conclusion. If you want to be happier -- and honestly, who doesn't? -- start by mirroring the habits listed above. To make this an enjoyable experience, start by mastering one habit at a time, then quickly move on to the next. You'll be surprised how amazing you'll feel!*

### **Be Inspired Article: 10 Questions with Monica Garay!**



#### **Who is the real Monica?**

I am Monica Garay born in Argentina and arrived in Australia in 1969 at the age of 8. I have lived in this wonderful country thanks to my two wonderful parents who bravely took a chance to cross the Pacific to an unknown land and did not even speak the language. I had a safe and loving childhood (I admit I have been very blessed for this). I worked most of my life as a Beauty Therapist and then have moved on to a job within the Medical Industry at the Locum Doctor Service. I would also

mention that I am blessed to work for a lovely company where we are treated fairly and with very much respect. I certainly need to change my work situation as I would like to stop working night shift so that is the aim for the New year 2018. This being the answer to fulfilling a lot more future goals.

**Which five words best describe you?**

Patient. Diplomatic. Listener. Friendly. Caring.

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

My first job was as a Beauty Therapist at a well-known Beauty Salon in the city belonging to a French Celebrity Radio and Dancer, Stephanie Deste.

**What's your proudest achievement?**

Giving birth to my wonderful daughter and having the privilege of bringing her up as a well adjusted and polite young lady.

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

To bring up my daughter as a single mother and not pursue in a relationship in which we both would have been victims or statistics of family violence. I took care of it when I saw the first signs.

**Who inspires you?**

Challenges in life. Although I am a little scared at first - I believe in facing your fears.

**What are you passionate about?**

Health.

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

To let go of toxic people and situations and wish them the very best on their journey so that they, too, are able to learn their lessons.

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

Nostradamus.

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

To travel with my daughter.

**What are you reading?**

Nothing at the moment but looking for a wonderful inspiring book - kind of a New Year's resolution.

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**Daily Hint: Daily Reminder to 'Mirror & Master 25 Habits of Successful & Extremely Happy People'**

Thank you! Your Daily Hint this month is to daily mirror the habits listed above. Once you have mastered the 1st one, then move on the 2nd one. Your happiness is bound to soar with cementing the mindset with a new way of looking at life and a new perspective of joy, and more joy! Remember keep smiling no matter what you encounter!!

*I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! What do I say about Monica! I love Monica's sense of humour - no matter what circumstance she faces - she is always ready to bring some light hearted joy to the conversation! She is kind, sincere, respectful, decent and I feel so blessed to have her in my life over this past decade. She is a wonderful mother and daughter & we laugh over some of her recent life episodes she shares with me!! Thank you Monica for being a friend and a great role model to others for being optimistic even in difficult times. There is so much I admire in Monica and she deserves every success and happiness in 2018! Love Karen xxx*

*'Happiness radiates like the fragrance from a flower and draws all good things to you.' -Maharishi Mahesh Yogi-*

Yours sincerely,

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**A HAPPY 2018 NEW YEAR WISH FOR YOU & YOUR LOVED ONES KAREN YTO XXX**

*May your new year be sprinkled with the magic of happiness and all your dreams come to fruition in 2018....xxx*



**Offer Expires: 31 January 2018**

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