

# You're The One Newsletter

HAPPINESS IS A *DECISION*

Issue 13 Vol 2 February 2018

## In This Issue

[What's New With Karen](#)

[Mojo Tip](#)

[Life Coach Tool](#)

[Be Inspired Interview](#)

## Karen Recommends



### COMING SOON TO THIS SPACE!

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## What's New With Karen

Welcome to February 2018! I celebrated my birthday in January making an announcement and pledge to my family! The vow took place at my favourite Italian restaurant (I'm a bit of a traditionalist), where we join together annually. Toasting with my favourite Italian Prosecco (*enjoying the European tradition of ensuring eye contact with each individual at the 'clinking' our champagne glasses*) the time had come. The announcement: I am deciding to be happy! I am making a new decision, and it is as simple as that - each day for the rest of the year I am deciding to be happy. This won't be based on my circumstances of my life (especially slipping back into thinking about the not-so-happy year of 2017), but on my decision to be joyful, cheerful and hopeful with expectancy, every remaining day of 2018. I am not going to waste another day looking back on the past traumas and events of last year. Instead I am going to live each day reminding myself as my first waking thought, and my last thought at night - I *decide* to be happy! May you too enjoy making a conscious decision to be happy this year. Love Karen xxx

## Mojo Tip: The Power of Infectious Enthusiasm!



The Infectious Enthusiasm of Actor Will Smith, Stepping out at the Premiere of his Netflix Movie 'Bright' at Regency Village Theatre, Los Angeles, California

The 2nd step on your motivating Mojo Mindset for 2018 is to spread out to the world your infectious enthusiasm. People with Mojo have made the decision to be in a state of the vibe of 'love' towards others and they do this with an infectious enthusiasm. My Mojo Role Model this month is the talented, 49 yo, (4 time Grammy Award winning, 5 time Golden Globe & 2 time Academy Award nominating) Will Smith. Will needs no introduction, being an American Actor, Producer, Rapper, Comedian & Songwriter, husband to Jayda Pinkett Smith (since 1997) and a father to 3 children. I am nominating him because I love his vibe, his infectious enthusiasm. On the eve of the launch of his new Netflix film 'Bright' (A SciFi thriller featuring Australians, Joel Edgerton & Lucy Fry), he was asked (apparently at very late notice) to do a red carpet meet and greet with his fans for Channel 7's morning 'Sunrise' Program. What impressed Kachie, and Sam, and myself too, was Will's

generosity with his time, his constant happy vibe, and the enthusiasm for which he spread to anyone in his sphere/domain. On the same show, later, being interviewed alongside his Aussie Co-stars, Joel Edgerton, and Lucy Fry - all affirmed he seems to be in this positive state all the time. When asked about the secret to this he said he likes to spread love wherever he goes. Even the movie (I am not a fan of scifi) he says is based on diversity and acceptance of others. I was so inspired personally by Will Smith as he spoke about the infectiousness of enthusiasm - and how it can have such a ripple effect out to others. Apparently, he is like that on and off set. My nephew's lovely girlfriend, recently served him in a Bondi Café and encountered his same generosity of spirit and happy, kind, loving vibe there too. He is my role model of how powerful it can be to spread the joy. Sometimes, we may hold ourselves back for fear, others may think we are too 'over the top' but from all my studies of recent times, I have found the opposite is true. There is nothing positive that comes to yourself or others, if we stay in a low energy vibration. May I remind you, you are on this earth to be happy! It is your right! And you do not help anyone else by not being happy. So let's raise our vibrations, and start being more enthusiastic each day. Genuine joy can range from mild contentment to absolute elation - as long as we are staying in a positive happy frame of mind and energy, I believe we can truly make a huge difference to ourselves, our families, our friends, our workplaces, our societies. My Priest too (who gives me the very best of spiritual guidance) has taught me too to be in a cheerful state, no matter what. In fact, I see enthusiasm to be a buffer against the world at times. Put on your armour of joy, cheer, and positive expectancy about the future and step out into your day and watch what a dramatic life change you will create this year! Inspire yourself and others with your infectious enthusiasm! Love Karen xxx

### Life Coach Tool: 4 Keys to Infectious Enthusiasm!



#### Your Enthusiasm Will Be Infectious - Norman Vincent Peale

I recently came across a website & book called "Speaking of Success" by Dr Rainer Zitelmann. One of the chapters of his book caught my attention because it featured a chapter on the Infectiousness of Enthusiasm. Herewith, I below share quotes from 4 people of outstanding character - their quotations on the subject, and Dr Zitelmann's guides for how to create these mindsets. Hope these I summarise below inspire you to start taking on the character traits of infectious enthusiasm:

#### Key 1: Find the Fire Within You to Ignite It In Others.

*"The fire you want to ignite in others must first burn within you." Augustine of Hippo (Latin Philosopher & Theologian)*

Enthusiasm is infectious. Only somebody who feels enthusiastic about something is able to inspire enthusiasm in others. The most successful salespeople are those who are filled with genuine enthusiasm for their product. People who are fired up by enthusiasm for an idea will find it easier to convince others of that idea. What do you feel enthusiastic about? Do you have the confidence to show your enthusiasm openly? When was the last time you infected somebody else with your enthusiasm?

**Key 2: Your Enthusiasm Will Win Over A Lesser Enthusiasm.**

*"Enthusiasm and determination always win if they fight a lesser enthusiasm."*  
*Johann Gottlieb Fichte (German Philosopher)*

Why do enthusiastic people win over less enthusiastic people? Because enthusiasm is pure energy. Somebody who is enthusiastic about something and really wants it to happen, will always be in a better position than somebody else who's not quite sure what they want, somebody who hesitates and vacillates.

**Key 3: Follow Your Passion & You Will Persevere.**

*"Unless you've got a lot of passion for this, you're not going to survive. You're going to give it up. So you've got to have an idea, or a problem, or a wrong that you want to right that you're passionate about otherwise you're not going to have the perseverance to stick it through."* Steve Jobs (Apple Founder)

Steve Jobs was a prime example of persistence, somebody who stubbornly clung to a product for years, although there was no indication that it'd ever make him any money. If he'd been motivated by money, he would have given up much sooner. But he was driven by passion, and so he carried on in the face of countless setbacks and obstacles. Success is frequently seen as a result of great stamina. But stamina itself is primarily a consequence of sustained passion.

**Key 4: Act Enthusiastic & You Will Be Enthusiastic.**

*"When I force myself to act enthusiastic, I soon feel enthusiastic."* Frank Bettger (Leading American Salesman)

What can you do if you generally find it hard to feel enthusiastic about anything, because you're not "naturally inclined" to feel and show strong passion? Just follow the example of the top American salesman Frank Bettger, whose selfhelp guide "How I Raised Myself From Failure To Success In Selling" has inspired whole generations of salesmen. If our mental attitude affects our posture, our facial expressions and our tone of voice, the reverse is also true: our posture, facial expressions and tone of voice affect our mood and attitudes. That's why Bettger's advice works: feign enthusiasm, and you will start to feel it. Assume the posture and the facial expressions of somebody who's fired up by enthusiasm, make sure you sound enthusiastic when you speak. You'll find that these external changes go a long way towards making you feel enthusiastic. You don't believe me? Simply try the opposite - speak in a low, mournful voice and assume a hangdog expression and a cowering posture. You'll see how much more effort it takes to feel positive about anything.

*As the German poet Theodor Fontane once said, "A good aphorism is the wisdom of a whole book in a single sentence." The aphorisms and other quotations collected by Dr. Rainer Zitelmann bring together insights and experiences from the past two millennia. The quotations include classic philosophers, contemporary writers and successful entrepreneurs, as well as scientists and artists. Dr Zitelmann has added personal commentaries to the quotations to place them within the context of our every day challenges & opportunities, especially those we encounter in our professional lives, but in our personal lives, too.*

**Be Inspired Article: 10 Questions with Adele Wilson!****Who is the real Adele?**

I was born in The Netherlands and grew up as the 9<sup>th</sup> child in a family of 8 girls and 2 boys. I had a great childhood and loved growing up in a

big family. Life was simple in a small town, and great to grow up with nature, arts, gymnastics and cycling of course. My mother was very artistic with textiles and my father was a carpenter. Although it was hard for my parents to make ends meet, we all had a good education. I was a Textiles/Arts Teacher for 12 years, till I migrated to Australia, leaving family and friends behind. The first years were tough to build a new life in work and friends. I studied arts for a few years till I joint Ross, now my husband, in the Health Food Shop. Now I am managing our Accommodation & Meditation/Yoga Retreat Homestead, 'The Manse' in Lancefield.

**Which five words best describes you?**

Active. Creative. Caring. Humble. Loving.

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

My first job was a Textile/Arts teacher, but when I left for Australia I first worked in a Factory and after as a Craft Worker in a MS-Centre. As I was always interested in health/well-being I started to work with my husband in the Health Shop. Next to that I also ran a healthy food cafe with catering for many years. When I sold that, we finally had the time to renovate our Homestead, build in 1862, which we like to run as an Accommodation, and a Meditation/Yoga Retreat. I decorated the interiors of the entire house and I love it. And together we landscaped the 2½ acres of gardens.

**What's your proudest achievement?**

Running my own business; first the Healthy Cafe/Catering business and now running the Accommodation Retreat.

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

Migrating to Australia, although it is also the hardest thing I've ever done in my entire life.

**Who inspires you?**

First and mostly my husband, & also my family and friends, and people who care.

**What are you passionate about?**

Health and Well-being. And I love interiors as in arts and design. And fashion.

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

To stay optimistic.

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

My mother. She was such a strong, caring person, raising 10 children. And she was so very artistic with textiles that I hope to take after her. I feel she's with me whenever I need her.

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

I hope that our accommodation Homestead, 'The Manse' will become a more of a Spiritual Retreat for Meditation and Yoga, where people can relax and enjoy nature. And I also hope to have time to have my own Arts Exhibition one day.

#### **What are you reading?**

I love to read about people & Interesting relationships; also life in general, especially History. And then I read a lot of Health magazines.

#### **Daily Hint: Daily Reminder to 'Decide to be Happy'**

Thank you! Your Daily Hint this month is to daily remind your self of your new DECISION to be happy until it becomes hardwired. Decide this deliberately each day. Start following the 4 keys above to infectious enthusiasm as your tools, and read happiness resources, and watch tube channels that inspire you with happiness and infectious enthusiasm. Your vibe will be loving and people will be drawn to your enthusiasm & you will be so much happier in your soul.

*I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I am so delighted to introduce you to the kind, caring Adele Wilson. Adele is the perfect role model of a woman who is enthusiastic and happy and optimistic about her life, her projects, her retreat, her family and friends. She is a testament to the power of staying optimistic, being happy and the power it has to affect others. I know she has had that influence on myself whenever we've had the chance to speak from the heart. Thank you so much Adele for being a light in this World. Love Karen xxx*

*'I wish I had let myself be happier'*

*-A Nurse who spent years working with people at end of their life wrote in her book 'The top 5 Regrets of Dying' 1 of the most common regrets was*

*Yours sincerely,*

*karen vella*

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#### **Introducing Adele**

#### **'THE MANSE'**

If anyone is interested in exploring the beautiful 'The Manse' Lancefield, Vic 3435 either for private accommodation, or as a retreat venue, Adele can be contacted on 0419 880

**LANCEFIELD**

515. Adele currently has some specials on offer to YTO readers, and will discuss with you the many options. Please mention Karen at YTO when booking [karen@youretheone.com.au](mailto:karen@youretheone.com.au)

**Offer Expires: 28 February 2018**

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