

# You're The One Newsletter

THIS IS RIGHT!

Issue 13 Vol 3 March 2018

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2018 - Best Year Workshops

2018 - Webinars

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2018 - 1 on 1 Life Coaching

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## What's New With Karen

Welcome to March 2018! Of recent times many fabulous people have confided to me of feeling 'tested' over this past month. Yes. Tests. They happen to us all. They seem to come about when we least expect them. Tests can trigger many reactions: *a sense of loss, disbelief, shock, sadness, possibly even outrage at a perceived injustice*. We want to restore the situation back to where it once was. We become resistant. This can work against us. We can discover that it further blocks the flow of good energy in and out of our lives. Now for the happy news! I have recently discovered 3 words which can help you too, to allow the very best to flow back to you. The words are: *This is Right*. By announcing these words to everything in your life, you let go of the resistance, and step back into the flow of acceptance, thus resulting in the best outcome to come to you. In March, let's all get inspired to look around at our current circumstances & acknowledge out loud 'This is Right' (I accept this, it may not be perfect, but right now it is right, and things will get better)! Well done! You are well on your way to the Happiest Year in 2018 (let's make March amazing)!

Love Karen xxx PS Happy Birthday Mum for 1st March and Dad for 2nd March-may it be both of your happiest years yet!!

## Mojo Tip: Detach. Allow. The Best Is On Its



Way!

The Beautiful, Poised, Talented, 58yo Lisa Wilkinson, TV Presenter 'The Project'

The 3rd step on your magnificent Mojo Mindset for 2018 is when experiencing a time of testing, to accept, detach and allow what is the best outcome to flow back to you. Hit the pause button, do not react, do not become resistant. Mojo Role Models experience testing, often exacerbated by being played out in the very public arena. My beautiful example who comes to mind is my favourite

and most admired Media Personality, 58 yo, TV Presenter, Lisa Wilkinson. Anyone who knows me well, knows how much I admire Lisa for her dignity, poise, and wonderful happy calm smiling, nurturing nature over her career to date. Lisa was co-host of Channel 9's Breakfast Program, The Today Show, along with co-host Karl Stefanovic for the past 10 years. Recently, however, in a dramatic turn of events, Lisa appeared to be on set one day, and gone the next. Despite one of reasons for 'quitting' being the gender pay gap issue, there were many more, Lisa said openly in an interview for Stellar Magazine recently. Whatever the reasons, no doubt this would have been quite a testing time for Lisa. However, Lisa has re-emerged on a new Network at a better time slot for herself, and I would hint at a better, happier life all around! At the gym the other evening, I saw Lisa on Channel 10's 'The Panel' and there she was again, my favourite role model, of poise, kindness, dignity, intelligence and to me she looks even happier! May this be a reminder to us all, that sometimes, the very best outcomes can come to us, if we can remain detached through the transition of the uncertainty stage. I like to use the metaphor of a train travelling through beautiful scenery, and then finding ourselves entering a tunnel of darkness, only to re-emerge at the other side to an incredible encounter of beauty we could not have imagined in perhaps our wildest dreams. If we can stay detached as we are travelling in the darkness of the tunnel stage, then that it is the key to re-emerging with a new confidence, and sense of joy and wonder at whatever change may bring about for us. It is not what happens to us that creates our character, but how we react to it. May you too find comfort, faith, hope knowing if you are experiencing a time of testing, that soon your happiness meter is about to be activated again and you may find you are blessed more than you were before. Just say 'This is Right'. Love Karen xxx

### Life Coach Tool: Activate Your 'This is Right' Mindset!



**Stuart Wilde 'Adopt the This is Right Mindset' Key -Ignite your Inner Power.**

I love Stuart Wilde: I share with you below his tips for activating the 'This is Right' mindset (by following his 33 steps to igniting your inner power below:

#### 33 Steps to Igniting your Inner Power:

1. I am infinite. I am one with the God Force.
2. My inner awareness begins with the God Force in me and expands outward
3. I have the courage to go beyond my ordinary, limited perceptions.
4. I listen for and accept inner guidance from Spirit.
5. I accept negativity as a learning experience and transmute it into an opportunity for growth.
6. What I know about the world I've learned from prevalent belief patterns. I now look beyond those patterns for my own infinite good.
7. I commit myself to building my highest wisdom and power beyond the weakness of the ego.
8. I am master of my own destiny.
9. I reclaim my power from the world and return it to the God Force. My personal power grows through this discipline.
10. My mind is centred.
11. What I believe I am, I am.
12. My word is law unto me.

13. I find freedom through acceptance and detachment.
14. I judge nothing. I quantify nothing.
15. By holding onto nothing, I actually have everything.
16. I have no need to defend my will or force my views.
17. I continuously purify myself of ego-based limitations.
18. I respect all living things -- including myself -- and I acknowledge their beauty and magnificence.
19. My power rises from within. I don't need to push a situation; the appropriate outcome is drawn to me.
20. My most powerful action can be non-action (non-judgement, non-involvement), where I operate from a state of "clear being" rather than "hectic doing."
21. I dedicate my life to the sacred way.
22. I have an abundance of inspiration and creative expression.
23. I maintain a fresh, energised attitude toward life. I observe nature and align myself to it.
24. I do not fear death, but rather accept it and get on with living.
25. My energy is my message. I don't preach, I don't seek followers.
26. I am physically disciplined. I provide my body's requirements for optimal condition.
27. I am emotionally disciplined. I experience emotions, but I release them.
28. I am mentally disciplined. I don't let negativity and 'logic' dominate my life and direction. My higher self shines through.
29. I do not invest energy in things that don't resonate for me. I live my truth and let the rest go.
30. I am spiritually disciplined. I acknowledge the source of my light and power regularly and often.
31. The energy of the quest uplifts me and carried me forward on my path.
32. A beneficent fusion of energies takes me beyond fear and difficulty into the realm of limitlessness.
33. I accept for myself the ever-evolving, ever unfolding path of the initiate - which I travel with inner poise, power and peace.

Read these daily pieces of 'gems' from Stuart Wilde and accept the This is Right Mindset and watch your sense of peace, poise and power return and state of happiness, as you transition out of any testing times. Be Happy!

### Be Inspired Article: 10 Questions with Tina Papadakos!



#### Who Is the real Tina?

Hi, I'm Tina Papadakos (formerly Margaritis), Career Counsellor and Psychologist (Psychology for Careers), currently combining private practice work with employment at Swinburne University as a Career Consultant, experiencing a true portfolio career! I have spent the last 25+ years in counselling and advising individuals aged 16 to 70+, with a focus on vocational psychology and careers planning & development. I have special interest in employing the principles from Positive Psychology and Acceptance and Commitment Therapy (ACT Therapy) to support career and life enhancement initiatives.

#### Which five words best describe you?

Love. Kindness. Teamwork. Forgiveness. Hope.

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

I was a part-time Organ Teacher for Brash's School of Music (for

those old enough to remember Brashs, an institution) at age 15. I always loved my music but was really passionate about teaching my students and seeing them develop. I guess that inspired my work today as a Careers Counsellor and Psychologist.

**What's your proudest achievement?**

Being a Mum! I must be doing okay as my kids still talk to me!

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

To change postgraduate study from teaching to psychology. I love education but prefer to support students and adults through counselling and educating on a 1:1 or small group basis, rather than in large groups. It enables me to work in a more tailored and intimate fashion.

**Who inspires you?**

The pioneers in Positive Psychology, who were insightful enough to see the value in supporting people to focus on what is working for them, rather than what is not!

**What are you passionate about?**

So many things: music (jazz fusion), the seaside (my healing place), people who overcome adversity and are brave enough to share their stories to inspire others.

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

That it is okay to ask for what you want (or you don't get)!

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

Buddhist Monk, Teacher, Poet and Peace Activist Thich Nhat Hanh.

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

That's a tough question. I'm not sure. My focus tends to be on what I'm grateful for today. I'm not much of a planner.

**What are you reading?**

I have just been reading the 2018 Happiness Policy Report. Fascinating reading!

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**Daily Hint: Daily Reminder to Adopt the 'This is Right' Mindset.**

Thank you! Your Daily Hint this month is to daily adopt the 'This is Right' Mindset by reading & re-reading Stuart Wilde's 33 Steps Above. Read them daily. Detach. Allow. Let Go of Resistance. Let Reality be Reality. Let Things Flow Naturally Forward in Whatever Way They Like. What a transformation you are going to have as you adopt your new non-resistant mindset and step into the flow of life! May blessings abound.

*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 Tina Papadakos. She is truly a gem of a person, a rare jewel (thanks to the introduction from my wonderful friend Liz). Tina's values and character strengths are beautiful demonstrations of what the world truly needs - love, kindness, teamwork, forgiveness and hope. Tina is extremely talented and has a niche of assisting any person to live according to their values in their careers/life (and not being dictated by what society says about career direction and choices). I love her life journey, her mindset,*

and her amazing business. Be blessed to be introduced to Tina. Love Karen  
xxx

*Life is a series of natural and spontaneous changes. Don't resist them - that only  
creates sorrow. Let reality be reality. Let things flow naturally forward in  
whatever way they like.'*

-Lao Tzu-

Yours sincerely,

*karen vella*

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**INTRODUCTION**  
**To:**  
**Tina Papadakos**  
**'Psychology For**  
**Careers'**

If anyone is interested in exploring career counselling, during any stage of life (16-70+) Tina warmly welcomes your contact via her website:  
[www.psychologyforcareers.com.au](http://www.psychologyforcareers.com.au) /tina@psychologyforcareers.com.au  
(please mention Karen at YTO when making contact  
karen@youretheone.com.au;)

**Offer Expires: 31 March 2018**

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