

You're The One Newsletter

THE POWER OF OPTIMISM

Issue 13 Vol 4 April 2018

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Karen Recommends



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What's New With Karen

Welcome to April 2018! During March I seemed to be in a more serious, reflective time of contemplation & inner transformation. And now with the dawning of April 1, I can say with a sense of joy hallelujah - and my mood has lifted considerably. Easter (falling also on 1 April today) is the perfect season to celebrate with our loved ones as we cast off the old (worries/anxieties) and embrace the new season (hope/optimism). It's time to get back into a happier vibe! It is a time of new hope! And it brings with it the gift of optimism. In the current world of psychology, there is much talk about the immense power that optimism can bring us. This month I inspire you, too, to embrace a more optimistic outlook (not blind faith) but *"rather a belief in the preponderance of good and a willing effort to cooperate with the good, that it may prevail"* (quote Helen Keller). It all starts with a decision, to flick the switch from pessimism (low power) to optimism (high power). Enjoy your new life on the Sunny Side! Love Karen xxx

Mojo Tip: Igniting the Hope Circuit!

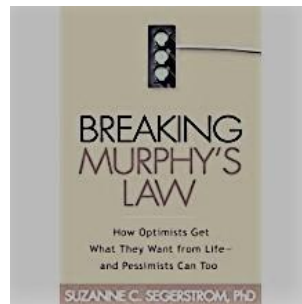


Martin Seligman, Professor of Psychology, University of Pennsylvania, Author, Founder & Leader, Positive Psychology Movement

The 4th step on your marvelous Mojo Mindset for 2018 is to create a more optimistic outlook. People with Mojo have made the decision that true power lies in being optimistic. They embrace a more optimistic style of perceiving life (*viewing setbacks as temporary; as one-off blips; and assigning proportionate responsibility both in themselves and externally.*) My perfect role model this month is Martin Seligman, Professor of Psychology at the University of Pennsylvania. In the past 20 years optimism has become a serious topic for Psychologists to research, led for the most part by Seligman (a self-described pessimist). He is known as a Pioneer of the Positive Psychology Movement, a branch of psychology that investigates and promotes human strengths rather than tackling weaknesses and pathologies. Seligman, Positive Psychology Founder and Best Selling Author, is

appearing in April in a rare public appearance at the Melbourne Convention & Exhibition Centre, promoting his new book "The Hope Circuit" to share his journey from learned helplessness to optimism. Seligman will be discussing also how we can all learn to think more optimistically, explore the special skills happy people possess and help guide on how to find meaning in a meaningless world. I believe this way of engaging with the world could assist us all in becoming happier. Seligman's journey is inspirational, going through depression at a young age, and learned helplessness, and pessimism to embracing the power of optimism. This gives encouragement and hope to each of us. Let's all start to look at how we can introduce more optimism into our way of perceiving and interacting with our world. Let's flick the switch from a pessimistic outlook to a more optimistic one (one where we refuse to see setbacks as permanent, and overly judging and blaming ourselves). Let's pat ourselves on the back! Let's start by focusing on our strengths and not our weaknesses. Overall let's embrace more optimism. And remember the saying "fake it till you make it" - even if you have to "fake the optimism" until it kicks in (it takes 21 days to change a habit), imagine how you are going to be at the end of this month. Let's demonstrate to the world that there is power in hope and confidence and optimism! Don't forget your happy emojis & Lols. Love Karen XXX

Life Coach Tool: 6 Ways to Become More Optimistic



Optimism Researcher and Author, Suzanne C. Segerstrom, 's Book 'Breaking Murphy's Law - How Optimists Get What They Want From Life - And Pessimists Can Too.'

I share below some insights from Suzanne C Segerstrom, PhD, & Optimism Researcher at the University of Kentucky, and Author of "Breaking Murphy's Law" into 6 ways to become truly become more optimistic:

Don't Try to Be Happy

To be truly happy, you have to stop trying or monitoring yourself, or asking "Am I feeling better yet." Antidote aim to be engaged. *Instead aim to be engaged as engagement bypasses pessimism. When you're fully engaged in something, it can distract you from a pessimists' favourite pastime, rumination (a proven antidote to happiness). Do a gym class, etc.*

It is not the end of the world

Another habit that dims your outlook, a process called catastrophising, mentally rewriting grim possibilities until they become true doomsday scenarios, sucking the joy out of life. *Instead exaggerate those scenarios to the point of comic hilarity, at some point you think, oh come on, am I really going to be living on the streets because I'm a day late on a project. Then paint the opposite scenario. The power of this is that you feel a bit of power over your mind and the situation and that sense of control is the antidote to pessimism.*

Go ahead blame someone else

Researchers have learned that optimism and pessimism both boil down to a little more than our "explanatory" style - a person's distinct way of interpreting life's ups and downs. When good things happen, pessimists dismiss it as a fluke; optimists take the credit. When bad things happen pessimists blame themselves, and expect to suffer a long time, while optimists see bad events as having little to do with them, and as one-time problems that will pass quickly. *Instead, when you catch yourself thinking like a pessimist, re-frame the problem so that it's not all your fault. A true optimist wouldn't go looking for a scapegoat and does have to acknowledge their contribution to the problem if they want to make it better. But it helps to recognise that they are not the problem.*

Try. Try Again.

Long after pessimists have given up and gone home, optimists keep trying to solve problems. In the real world, persistence leads to more success. *Instead, get yourself into the positive feedback loop that keeps optimists going strong (hard work leads to success, which leads to more self-confidence, and a willingness to work even harder, which leads to...)* is to act like one. Try the fake it till you make it approach. It's a cognitive behavioural change which doesn't even require much faith.

Make Friends with an Optimist

If you are not in the mood for playacting, hook up with an optimist and that may be the next best strategy. A partner of an optimist is normally more satisfied. *Instead, besides "slip-streaming" on your partner's optimism, socialise with cheery friends and bounce ideas off your more positive colleagues. Research hints that these kinds of relationships with up-side types can make you feel better too. And if you are married to a pessimist, or are on your own? Your optimistic friends and coworkers are your best sounding board.*

Try these 3 Feel-Good Moves

You don't have to spend years in therapy to become more positive. Studies have shown that these 3 strategies take just 1 week to make a real improvement.

Use your signature strengths in a new way: List your top 5 strengths ie generosity, kindness, etc and then use one of these strengths in a new and different way every day for 1 week. Research suggests that your happiness will increase for a full 6 months.

Write down all the good things: Every day, write down 3 things that had gone well, and why they happened. Research suggests doing this for one week will increase your happiness for full 6 months afterwards.

Pay a gratitude visit: Each week write and then deliver a letter of gratitude in person to someone who had been especially kind to them, but whom they had never thanked properly. The happiness boost from this experiment lasted about 1 month.

Fortunately, a pessimistic outlook doesn't have to be permanent. Leading researchers say that optimism and pessimism are two ends of a continuum, with about 80% of the US population scattered from mildly to relentlessly optimistic. But research reveals that if you're hunkered down on the other end, you can slide on over-or at least get some of the benefits that usually cluster on the optimistic side of the scale, says Suzanne Segerstrom, PhD, an optimism researcher at the University of Kentucky. It takes only a few changes. They're small, gradual-and not what you'd expect.

Be Inspired Article: 10 Questions with Ross Wilson!



Who Is the real Ross?

I am born as Ross Wilson in Dunedin, the South Island in New Zealand. In my early 30's I migrated to Melbourne, Australia, to explore more opportunities in life. And there it was that I got the opportunity to buy a health food shop. I followed many courses while getting more and more interested in natural healing. For a while I ran a Speleotherapy centre with a Russian cardiologist. This is salt therapy which helps with asthma and bronchial problems. My wife, Adele and myself, also had an organic fruit/vegetable shop, and also introduced healthy foods & gourmet catering in the new cafe we had started. I consult every day in our Coburg Health Food Shop; in addition to that I also do hair analysis to give people more insight in their health. I practise now for more than 30 years. My greatest hobby is gardening and landscaping, which I do at our accommodation Homestead, The Manse.

Which five words best describe you?

Positive. Entrepreneurial. Creative. Determined. Caring.

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

I was born in New Zealand and after my studies I was employed in the automotive industry. After that I was always self-employed running a variety of businesses: importing, wholesale, fruit distribution, news-agency and more. Then when I moved to Australia, I purchased a health food shop, and at the same time I had an herbal factory, and later a small salt therapy business, and also an organic fruit and vegetable shop with a health cafe, run by my wife. These days I still run the Coburg Health Food Shop, where I consult every day. And over the 34 years of practise, I have seen about 120,000 clients.

What's your proudest achievement?

To help people to overcome illnesses through naturopathy and iridology and intuitive healing.

What's been your best decision?

To follow my path in the natural health industry.

Who inspires you?

Past and present healers, who had success in treating many illnesses and health conditions with natural therapies. They inspired me to do the same and I learned a lot from them.

What are you passionate about?

Besides health, I love gardening and landscaping as a form of art. We do have a country property which we, my wife Adele and myself, run as a retreat for accommodation for families/groups/meditation/yoga/art. As my wife loves the interiors, I do love the gardens and created rockeries, pathways, garden beds and much much more.

What's the best lesson you've learned?

Overcoming any self-doubt.

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

Bernard Jensen, as he was the leader in health and naturopathy for at least 50 years. He wrote very important and, for me, interesting books.

What dream do you still want to fulfil?

A higher form of healing, as in healing through energy with guidance.

What are you reading?

I love politics and newspapers. And of course I read a lot of health magazines.

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

Thank you! Your Daily Hint this month is to daily adopt the '6 Ways to Become More Optimistic' keys listed above. Practice these daily for the next month, and watch your pessimism shift to optimism. And remember the greatest one - fake it till you make it. Remember research proves there is great power in Optimism and many benefits that you can carry forward for yourself and into the world.

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I am so happy to introduce you to Ross Wilson. Ross & his wife, Adele (who I interviewed in Feb in my Newsletter), run a Health Shop/Cafe and are kind souls and kindred spirits of mine. They also run a retreat called Homestead - The Manse, just over an hour or so out of Melbourne. Be uplifted by Ross's journey, his quest, and how he has overcome self doubt to move forward to create true optimism and success in his life in business, and in well being. Be uplifted by Ross! Love Karen xxx

'Choose to be Optimistic - It Feels Better' -The Dalai Lama

Yours sincerely,

karen vella

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INTRODUCING:
Ross Wilson,
Health
Practitioner

If anyone is interested in consulting with Ross at his Coburg Health Shop - regarding your health and well-being, he may be contacted via telephone on 03-9354 8007, email: coburghealth@onestream.com.au or by visiting the shop at 5/461 Sydney Road, Coburg Vic 3059.

(please mention Karen at YTO when making contact karen@youretheone.com.au)

Offer Expires: 30 April 2018

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