

You're The One Newsletter

SMASH IT OUT!

Issue 13 Vol 7 July 2018

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What's New With Karen

Welcome to July 2018! During June I found that I needed to rely on a couple of catch-phrases to keep myself mentally strong. With Mum's recent Cancer diagnosis, I've had to remind myself that whilst it may be easier to be mentally strong when life is going well, our true strength becomes truly apparent during times of adversity. This month is devoted to finding some positive words that keep us mentally strong during the challenging times. My favourite 2 positive affirmations are 'Smash It Out' & 'You Got This'. Remember **you** have what you need to get through this. The secret lies in your ability to re-frame any negative thought into a positive! So, let's devote July to developing a productive inner dialogue to keep mentally strong and build your mental muscle. Remember *'You Got This & You will Smash It Out! Love Karen xxx (Mum, We Will Smash This Out!)*

Mojo Tip: Yes You Can Give Birth & Be Prime Minister!



New Zealand's 32 yo Prime Minister, Jacinda Ardern (with Partner Clarke Gayford & baby) thanking well-wishers as she leaves Auckland Hospital after Giving Birth Whilst in Office

The 7th step on your Marvellous Mojo Mindset for 2018 is to always remind yourself that you can cope & you have what you need to get through tough times. People with Mojo are resilient - when times get tough they draw on their inner hidden strengths. They do their best & take control of how they think, feel and behave. My perfect role model this month is New Zealand's Prime Minister, Jacinda Ardern. At aged 32, she is only the second World leader in modern history to give birth while in office, and the very first to take maternity leave. Jacinda (and her partner Clarke Gayford) recently televised at a World News Conference, appeared looking absolutely beautifully happy, and radiant, thanking everyone for their kindness and well-wishes. I watched and thought what an incredible woman (and couple) as a role model for all, knowing that we can do anything - it is all in the mindset. No doubt, during these times, Jacinda has had to remind herself to take charge of her mental dialogue knowing everything will work out. May this be a glowing example to all of us, no matter who you are, you can cope with a lot more than you think. Most of us are stronger than we think. May you draw on the example of Jacinda Ardern, reminding yourself that tough times don't last and five years from now this won't matter as much as you think it will. You have all you need to get

through this. The secret lies is not what happens, it is how we look at it. Love Karen XXX

Life Coach Tool: Stay Mentally Strong - 10 Tips!



What the World Needs Now is Love

Remember to take extra care of yourself & be kind to you during the tough times. Here are some 10 affirmations to help you be in charge of your thoughts, feelings and emotions over this time (excerpt from Amy Morin article on 'What Mentally Strong People Do'). These will help drown out any negative spiral of over-thinking that may be holding you back and help you flip into a more positive mindset. Good Luck (see below):

10 MANTRAS TO KEEP YOU MENTALLY STRONG

- 1) I WILL Smash it Out (I will put my 100% effort into it)
- 2) I HAVE Got This! (I know I have what I need to get through this)
- 3) I LIVE According to My Values (I appreciate this is what truly matters)
- 4) I TAKE The Journey to Success (I accept failure is part of road of success)
- 5) I DO My Very Best (I let go of perfection)
- 6) I KNOW It Is Only Temporary Pain (I understand this won't last)
- 7) I LET GO of Fear & Worry (I know catastrophic thinking won't assist)
- 8) I FACE Uncomfortable Emotions Head On (I can handle discomfort)
- 9) I AM In Control of How I Think/Feel/Behave (I make best of my circumstances)
- 10) I CAN Deal With Anything (I've dealt with past challenges with strength & bounced back)

Research suggests the way you think is 1 of 3 core factors of mental strength. There is no doubt that healthy self talk with help you feel better and inspire you to behave more productively which is key to getting through challenging times. And finally, here's something to truly motivate you - the definitions of 'Smash It Out'! A belief and approach to exercise, diet and lifestyle, where to 'Smash It Out' is to put your best foot forward, give 100% effort and have no reservations that you could have done more; To complete a hard-core assassin-style workout at the gym or outdoors; To complete a hard-core spy training style session; To attack and complete an exercise or circuit in an animistic way, no holds barred. 100% effort!. 'Come on guys let's Smash it Out together! Really go hard on good eating this week - Smash It Out!

Be Inspired Article: 10 Questions with Jaymee Stone!



Who is the real Jaymee?

I'm 22 and working as a PT at Fernwood Fitness; I have been working at Fernwood for almost a year. Before moving down to Ascot Vale, I lived in Kilmore and worked at a Pub for 9 years. I love to travel and get out

and see the world and I hope to one day work for a sports team and travel the world!

Which five words best describe you?

Motivated. Fun. Enthusiastic. Strong. Resilient.

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

Doing dishes at a Restaurant as a teenager, I'm now working as a Personal Trainer at Fernwood Fitness.

What's your proudest achievement?

Completing my Bachelor Degree in Sport & Exercise Science.

What's been your best decision?

Moving down to the city and starting work as a PT.

Who inspires you?

My Parents!

What are you passionate about?

The sport and fitness industry.

What's the best lesson you've learnt?

Work hard and take time out to relax.

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

Katherine Switzer.

What dream do you still want to fulfil?

To work for an elite sports team.

What are you reading?

'The Bodies Left Behind' by Jeffery Deaver.

Daily Hint: Daily Reminder to Practice Building Mental Strength!

Thank you! Your Daily Hint this month is to reprogram and eliminate any negative thinking by repeating the affirmations of the 10 tips for staying mentally strong. Repeat these phrases to yourself each morning, evening & many times during the day!! Soon you will be only thinking that you will 'smash it out!' You are amazing!!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I am over the moon to introduce the inspirational Jaymee. Jaymee is only 22, mature, & incredibly resilient. I love overhearing her with her PT clients as she calls out her motivational catch

phrases of "You Got This!" and "Smash It Out". However, what I love most about Jaymee is her sincerity for tapping in to what truly motivates people to be the best version of themselves. What an inspirational young woman! Thank you Jaymee for being part of what makes my world wonderful. Love Karen xxx

'Our Greatest Glory Is Not in Never Falling, But In Rising Every Time We Fall.'

-Confucius-

Yours sincerely,

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WOOHOO!
We Did It

A special message just for you and to send on to your friends, family, loved ones, colleagues:



Please mention Karen at YTO when making contact karen@youretheone.com.au

Offer Expires: 31 July 2018

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