

# You're The One Newsletter

JOIN OUR HAPPY TRIBE 2019! Issue 14 Vol 1 January 2019

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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  
And more....

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## What's New With Karen

Welcome to January 2019! Happy New Year! At Christmas, my Sister gifted me with a wonderful book 'I Can Make You Happy', by my favourite Hypnotherapist (*a book about habitually instilling new programs of happiness into our brain chemistry*). I pondered why is it we wish each other 'Happy New Year? (not Good New Year, or Healthy New Year). I believe it is our universal wish; *we all ultimately want more Happiness!* Happiness is my mantra for 2019! Each New Year's Eve my tradition is to create a magical Vision Board of possibilities for the year ahead! Whatever way you choose to celebrate the New Year, I invite you to find valuable moments to gain crystal clarity on taking charge of your Happy Mindset for 2019! Remember, we are vibrating fields of energy, and energy begets energy - so as we put out positive vibes into the world - they will ultimately flow back to us. I sincerely wish you & your loved ones the most blessed, heartfelt HAPPY NEW YEAR ever! Love Karen xxx

## Mojo Tip: Paul McKenna: I Can Make You Happy!

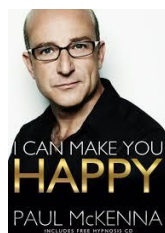


Paul McKenna, British Hypnotist, Behavioural Scientist, Television & Radio Presenter, & Author of Self-Help Books

The 1st step on your magical Mojo Mindset for 2019 is to take charge of your happy state! People with Mojo use whatever means to catapult their body/mind/spirit into a Happy Vibe! They energise their physiology with positive endorphins, of dopamine, serotonin, and oxytocin. They employ powerful hypnosis, meditation, yoga and other forms of mindset strategies for their mind and spirit. Basically, they are living, breathing, tools of positive life force. When I think of an expert in helping people take charge of their happiness, I can go no further than Paul McKenna (Author of 'I can Make You Happy'). McKenna, 55, is a British Hypnotist, Behavioural Scientist, Television & Radio Broadcaster & Author of Many Self-Help Books. He is mostly known for his Hypnosis, NLP & Self-help books, CDs and DVDs in over 30 languages as well as several audio books. His career commenced in radio at age 16 and branched into hypnotism as a result of a guest who appeared on his show. Many of McKenna's one-to-one hypnotherapy clients are celebrities, including Ellen DeGeneres (credits him with helping her quit smoking), David Walliams (used his techniques to swim

across English Channel) & Stephen Fry (advocated his weight loss strategies). In the past few years McKenna has been involved in the research and development of Havening presenting seminars to health care professionals in the UK and USA. He specialises in working with PTSD for severe trauma, pain control and emotional overwhelm. He is President of the UK Psychological Trauma Society at Kings College in London. I love him because I've personally used his Hypnotherapy Tools and believe he is one of the best - they actually work! Basically, Paul McKenna says about happiness: *"The scientific research shows that happiness levels are not fixed. To increase your happiness levels takes a small amount of regular effort over a few days, following simple instructions and using some powerful psychological techniques. You can transform your life. You will create a strong underlying feeling of happiness every day and have more and more times of realizing rich, deep, fulfilling happiness throughout your life. Happiness is a natural human state, like hunger, anger, excitement, boredom, neutrality and alertness. Absolutely everyone can be happy. Happiness is how the mind and body guide you towards what is most rewarding for you. Happiness is not just a pleasurable sensation. When you are on a path that brings you happiness it will guide you, perhaps in surprising ways, to more happiness. Increasing your happiness does not mean we can get rid of all the pain, difficulty, irritation and suffering in your life. It does not mean I can make you permanently ecstatic all day long every day. Also it doesn't mean being up all the time. Happiness is a natural human state, like hunger, anger and excitement. Absolutely everyone can be happy. I know what it's like to feel totally and utterly depressed, to see no point in anything, I have spent time feeling life was pointless and I have found my way back to everyday life and on to real lasting amazing happiness. On the way I created a map of how I found my way back, I have tested it on people who were in dark places and helped them. My approach is not a bunch of theories, it's practical. I want to help you find your way to a richer happier life today."* As Paul says, being happy is simple. Being unhappy is complicated. Happiness teaches us that deep down we are all already connected to each other, and it reminds us to enjoy that. Happiness reminds us that every day is precious. Not one day of our life will be repeated. Each day we can choose happiness, we can choose to live by our values and we can choose to be grateful for the amazing possibilities we are given. Go forth and choose to be a Happy Force & A Positive Influencer for 2019! Love Karen XX.

### Life Coach Tool: 3 Tips: For Instant Happiness 2019!



'I Can Make You Happy' Author, & Hypnotherapist, Paul McKenna

*Here Is an excerpt straight from the man himself, my most admired Hypnotherapist, Paul McKenna where he shares 3 instant pick me ups for happiness:*

*"My friend Dr Robert Holden, who is often referred to as the 'happiness psychologist', has conducted an amazing experiment to show that we can easily and completely alter levels of happiness just by changing our habits. Rather than trying to break habits, he replaced the old ones with new ones. He just added experiences to people's lives that make them feel good. Robert's work was the subject of a BBC documentary. He took a group of depressed people through an extraordinary experiment that lasted for several weeks. At the beginning of the experiment all the subjects were all given an MRI scan. The scan focused on the activity in the left pre-frontal lobe in an area that corresponds with happy thoughts and feelings and it showed they had the signs associated with depression. Robert's remarkably simple formula to increase their happiness was to ask his depressed subjects to do three things: (See Tip 1, 2 and 3 below).*

*His subjects followed this regime for a month. At the end of that time, every single one of them reported that they felt happier. They were all then given another MRI scan and it showed that they all had increased activity in the left pre-frontal lobe area significantly. In one month, Robert's subject had changed the physical activity of their neural networks and brain chemistry by changing their habits of thinking and behaviour. They had moved from being depressed to extremely optimistic.*

#### **Tip 1: Smile & Laugh**

Laugh 20 times a day/Smile 40 times a day.

#### **Tip 2: Exercise Daily**

Take at least 20 minutes exercise every day.

#### **Tip 3: Magic Dots**

Little dots can change your life. Robert asked his subjects to stick little coloured dots all around their house and their workplace, for example on the mirror, on the fridge, on the bathroom door and in the hall.

Whenever they saw a dot, they had to think a positive thought. Here is an easy way for you to do exactly that and make it a really powerful force in your life.

1. Stick at least a dozen coloured dots around your home where you will see them as you go about your daily life, on the mirror, the phone, the computer etc.

2. Make three lists:

3 happy memories/3 people whom you love or who love you and/3 things that could make you happy in the future. If you find it difficult to find or remember five things for each list, make up some situations or possibilities that would make you happy.

3. Imagine or remember each item on each list as vividly as possible. For each memory, in your mind's eye see it as if you are in the situation, hear what you heard and feel what you felt like you are back there again now. For each person imagine being with them, hearing them and feeling how good they make you feel. For each situation in the future, imagine it happening - see it, hear it and feel it as though it is happening now. Take as much time as you need, right now, to work through your list. Notice how good you feel at the end, as you do this more and more it has a cumulative effect and you will start to feel amazing!

4. Whenever you see a coloured dot, think of one of the items on your list.

This exercise has a very powerful effect because it does not try to stop you thinking about anything, you just repeatedly add in to your life a strongly positive experience.

*As Paul says: Over 50 scientific tests have shown that when large groups of people are peaceful and happy there is measurable reduction in violent crime. Every day you are happy increases the sum total of happiness in our world. When enough of us live happily by our values we actually make a real contribution to everyone's happiness. So don't keep your happiness to yourself. Spread it around and it will make you happier still.*

### **Be Inspired Article: 10 Questions with Renee Italia!**



#### **Who is the real Renee?**

There is no hiding my family origins with a surname like this, to be honest who would want too! Being part, of a big Italian family has taught me the power of being part of a connective community! I grew up in Melbourne and studied a Bachelor of Education. I have spent 12 years in primary education. 5 years were spent working internationally in Singapore. During this time, I also completed Certifications in Yoga Teaching, Reiki Healing, and Personal Development and Leadership. The personal and professional development of my international stint led me to embark on a new form of education. One that empowers people to make lifestyle choices, through good food, a healthy mindset and connection. My passion for natural living, has seen the birth of Rebalance Naturally, an urban wellness space. Why Wellness? Through observing my family, kids in the classroom, conferencing with parents and revamping my own health and wellbeing, which is an ongoing journey. I innately believe, to live our best life, we need to be 'well' in mind, body and spirit! I am excited to see Rebalance Naturally grow in 2019, with our amazing team! On a more personal note, I am honoured to be marrying my soul mate this year in Italy. We are planning what seems like a fairytale wedding (but is our reality!). When you are in flow with life and people you can honestly manifest everything! I am happy to have found a person willing to share in the flow and look forward to growing in partnership, in this thing we all call life!

#### **Which five words best describe you?**

Optimistic. Integral. Committed. Honest. Open-minded.

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

Working in hospitality, waitressing. It was here I gained confidence to approach people and hold myself in conversations. These skills have transferred into many areas of my life. I have since worked in the Education sector, at a government, independent and international

level and have recently harnessed this confident attitude in co-founding Rebalance Naturally, a wellness community space.

**What's your proudest achievement?**

Taking an adult GAP Year to travel, refocus and commence the creation of Rebalance Naturally!

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

Backing myself to live, work and travel solo. The life lessons I discovered during this time were profound and influence how I go about living my life today.

**Who inspires you?**

My soul sisters and mum. "Your vibe attracts your tribe." I have an amazing group of women who continually empower, challenge, laugh, cry and rise with me in life. I absolutely love them!

**What are you passionate about?**

I am passionate about living a life I love. One that harnesses community, wellbeing, minimalism and being in nature. I love traveling and meeting new people as it provides endless growth and connection.

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

To meditate - This has helped me trust in my intuition and truly live in the moment.

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

Deliciously Ella. I have followed her blog and story for years. I love her natural living stance of food as medicine. She has organically grown her empire, I really admire her work and think she'd have some pretty amazing tips to share!

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

To live between Europe and Australia, closer to the beach with my soon to be husband Joseph.

**What are you reading?**

'The 5am Club'- by Robin Sharman. This is the fourth book I have read of Robin's. His crafty narratives, hold profound life lessons. The 5am Club has me reflecting and recommitting to my morning routine.

**Daily Hint: Daily Reminder To Daily Create Happy Neural Pathways!**

Thank you! Your Daily Hint this month is to start January 2019 with a decision to live in a happy state, by choosing daily strategies, to change your neural pathways introducing happy new habits. Each day start the day with a decision to live in a happy state (no matter what the day may bring) - bring your Vibe with you wherever you go and

whomever you encounter, and live by the Law of Attraction! You will attract so much joy back to you!

*I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I am thrilled to introduce you to Renee. Renee and I met by synchronicity, and we obviously belong to the same tribe. I love what Renee says about 'your vibe is your tribe' and all she is doing in the space of wellness. As Renee says to live our best life, we need to be 'well' in mind, body and spirit! May you too prioritise your wellness in 2019 and find a wonderful positive influencer in our world, the gorgeous Renee.*

Love Karen xxx

*'If you want happiness for an hour take a nap. If you want happiness for a day go fishing. If you want happiness for a year inherit a fortune. If you want happiness for a lifetime help someone else.'*

Old Chines Proverb

Yours sincerely,

*karen vella*

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### A PINCH OF SPARKLE & HAPPY NEW YEAR LOVE KAREN



### A SPECIAL OFFER BELOW FROM REBALANCE NATURALLY

To launch into your wellness & happiness vibe in 2019, Renee at Rebalance Naturally is offering to our yto tribe a \$10 discount off any reiki session, yoga class or workshop (by typing in the coupon code yto). Renee invites you to the Rebalance Naturally mailing list for other pop up discounts!

[renee.italia@rebalancenaturally.com](mailto:renee.italia@rebalancenaturally.com) or [www.rebalancenaturally.com](http://www.rebalancenaturally.com) (and don't forget to mention Karen at yto). Enjoy this beautiful treat for the month of January!

Offer Expires: 31 January 2019

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