

You're The One Newsletter

RE-SET YOUR DAY! Issue 14 Vol 2 February 2019

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What's New With Karen

Welcome to February 2019! During January, with the crystal clarity of my Vision Board in place for a Happy 2019, I am definitely happier than I was 31 days ago! Reflecting on what I can attribute this to, I would say that I've hardwired into my habits 2 other essential daily ingredients: I call these my Morning & Evening Rituals! It is a way to ensure my happiness is topped up daily. As we enter February, with our holidays over & back to our busy schedules, it is essential we keep our happiness levels from being depleted! This month my theme is to inspire you to create your own 'Morning/Re-set' & 'Evening/Relax' Rituals. The Morning Re-set is particularly important and a simple combination of exercise and meditation (particularly a Gratitude Meditation) will help YOU too to create the space for more joy to flow to and from you! Your 24 hours ahead is embraced with gratitude, creativity, joy, peace, acceptance & abundance and good things tend to flow out of this and back to you. This month, I invite you to really embrace the habit of starting your day with a ritual (of movement/meditation) to reset the brain for an Amazing Day ahead! Watch the powerful benefits that will flow on to YOU now that you are doing so!! Love Karen xxx

Mojo Tip: Deepak Chopra: Re-set with Gratitude



Deepak Chopra, Indian Born, American Author, Public Speaker, Alternative Medicine Advocate & Prominent Figure in New Age Movement

The 2nd step on your majestic Mojo Mindset for 2019 is to start your day with a Morning Brain/Body Reset! People with Mojo set the tone for the day with a Morning routine. They embrace exercise & a meditation/or gratitude practice to really get the day kick started in a positive vibration! Once they are in this positive energy they are calm and supercharged to handle what ever life throw their way and deal with it in the best spirit possible. When I think of someone inspirational on this subject, I have to refer to one of my own personal favourite's, Deepak Chopra. Chopra is a 72-year old, Indian Born, American Author, Public Speaker, Alternative Medicine Advocate and a prominent figure in the New Age Movement. Through his books and videos he has become one of the best known figures in alternative medicine. Chopra studied

medicine in India before emigrating to the United States in 1970 where he completed residences in internal medicine and endocrinology. As a licensed physician, he became chief of staff at the New England Memorial Hospital in 1980. In 1985 he met Maharishi Mahesh Yogi and became involved in the Transcendental Meditation Movement which led on to him establishing the Maharishi Ayurveda Health centre. In 1993 Chopra gained a following after being interviewed on the Oprah Winfrey Show about his books. He then left the TM movement to become the executive director of Sharp Health Care's Center for Mind-Body Medicine and in 1996 he co-founded the Chopra Center for Well-being. Chopra believes that a person may attain 'perfect health' a condition 'that is free from disease, that never feels pain' and 'that cannot age or die'. He believes that human ageing is fluid and changeable, as determined by one's state of mind. He also claims that his practices can also treat chronic disease. He believes that everything that happens in the mind and brain is physically represented elsewhere in the body, with mental states (thoughts, feelings, perceptions and memories) directly influencing physiology. He has stated, *'Your mind, your body and your consciousness - which is your spirit - and your social interactions, your personal relationships, your environment, how you deal with the environment, and your biology are all inextricably woven into a single process. By influencing one, you influence everything.'* I personally choose to listen each morning to Deepak Chopra's Gratitude/Forgiveness Meditation to reset my day! It is amazing - each and every time, without fail - stress falls off and peace comes within seconds! It is well worth investing a few moments each morning to really set your intention. May you too, be blessed with an abundance of health and happiness as you incorporate your own personal ritual! Just watch the results - a happier, and healthier life for you and the people you interact with! Love Karen xxx PS May you find gratitude each and every day for what you have been blessed with.

Life Coach Tool: 3 Tips: Cultivate The Healing Power of Gratitude!



Research Has Shown The Best Way to Be Happy is To Make Each Day Happy, Deepak Chopra.

Here Is an excerpt straight from the Chopra Centre on the Power of Cultivating More Gratitude.

If you want more happiness, joy, and energy, gratitude is clearly a crucial quality to cultivate. It is a fullness of heart that moves us from limitation and fear to expansion and love. When we're appreciating something, our ego moves out of the way and we connect with our soul. Gratitude brings our attention into the present, which is the only place where miracles can unfold. The deeper our appreciation, the more we see with the eyes of the soul and the more our life flows in harmony with the creative power of the universe. Here are 3 tips below to cultivate the healing power of gratitude:

Tip 1: Keep a Gratitude Journal

Since ancient times, philosophers and sages from every spiritual tradition have taught that cultivating gratitude is a key to experiencing deeper levels of happiness, fulfilment, and well-being. One of the earliest advocates of a daily gratitude practice was Dutch philosopher Rabbi Baruch Spinoza. In the seventeenth century, he suggested that each day for a month, we ask ourselves the following three questions: This practice, wrote Spinoza, would help us find more meaning and joy in our lives and would lead to profound inner transformation. As you write in your journal, challenge yourself by not repeating items from the previous days- this will make you look more deeply at all the little things that enhance your life and give you joy ... waking in a warm bed; your favorite song; a phone call from a friend; the ability to touch, see, or hear; electricity; the beating of your heart; a hug. You can write in your journal just before bed, when you wake up in the morning, or just before you meditate. The time of day isn't important; what is important is that you consistently take a few moments to consciously focus your mind on your blessings. Commit to keeping a journal for a month. What we put our attention on expands in our life. By offering gratitude for all the goodness we experience, we're inviting the universe to give us more and more of what we want.

Who or what inspired me today?

What brought me happiness today?

What brought me comfort and deep peace today?

Tip 2: Write a Gratitude Letter

Make a list of at least five people who have had a profound impact on your life. Choose one and write a thank you letter expressing gratitude for all the gifts you've received from that person. If possible, deliver your gratitude letter in person. In studies of people who have practised this form of gratitude, the results have been amazing. Often the recipient of the letter had no idea what an impact he or she had had on another person and were deeply touched by the expression of such authentic gratitude. While we may often thank people verbally, the written word can often be even more powerful because someone has taken the time to write their appreciation. A letter can also be re-read and treasured, creating joy and love that will continue to ripple out into the universe.

Tip 3: Take a Gratitude Walk

This is a particularly useful practice when you're feeling down or filled with stress and worry. Set aside 20 minutes (or longer if you can) and walk in your neighborhood, through a park, around your office, or somewhere in nature. As you walk, consider the many things for which you are grateful ... nurturing relationships, material comforts, the body that allows you to experience the world, the mind that allows you to really understand yourself, and your essential spiritual nature. Breathe, pause, and be grateful for the air that is filling your lungs and making your life possible. Pay attention to your senses- everything you're seeing, hearing, feeling, smelling, and maybe even tasting- and see how many things you can find to feel grateful for. This is a powerful way to shift your mood and open to the flow of abundance that always surrounds you.

Gratitude is an immensely powerful force that we can use to expand our happiness, create loving relationships, and even improve our health. Many scientific studies, including research by renowned psychologists, Robert Emmons & Michael Mc Cullough, have found that people who consciously focus on gratitude experience greater emotional well-being and physical health than those who don't. You too may wish to add a gratitude meditation to your morning routine to re-boot and reset for more happiness in your day!

Be Inspired Article: 10 Questions with Stephanie Centofanti!



Who is the real Stephanie?

For such a long time, I was living a life where I was completely unsure of who I was, where I was going, & my purpose in life - until very recently, understanding that there is no final destination. Life is always about the journey. And realising that being around happy people makes me happy as well. I love helping people. I love talking to people. I thrive off other people's positive energy. That's me.

Which five words best describe you?

Positive. Supportive. Honest. Caring. Vibrant.

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

I worked at my Grandparent's Fruit Shop at Age 14. Later I worked as an Interior Designer for 5 years and then fell in love with the Gym Industry and started Sports & Body Building Competitions. I decided I liked the Fitness Industry more than the Corporate World & am now managing an Anytime Fitness.

What's your proudest achievement?

Having the mental and physical strength to complete my First Body Building Competition.

What's been your best decision?

Taking the leap of faith from the Corporate to the Fitness Industry.

Who inspires you?

Due to working in the Gym, I meet a massive array of people every single day and find myself being inspired with everybody who has made big changes in their lives.

What are you passionate about?

Family, Friends, Helping People & am obsessed with the way the human body works.

What's the best lesson you've learnt?

That everybody has a story & judging people gets you no-where.

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

Bruce Lee.

What dream do you still want to fulfil?

Living Abroad.

What are you reading?

I am currently reading 'The Warmth of the Heart Prevents Your Body from Rusting' by Marie De Hennezel.

Daily Hint: Daily Reminder To Daily Start A Morning & Evening Ritual to Reset Your Day!

Thank you! Your Daily Hint this month is to start February 2019 with your decision to set your intention each morning with cultivating more gratitude. Each morning as you spend a few moments reading gratitude quotations and doing a gratitude mindfulness meditation, you will find your happiness will start to flow again from the deepest recesses of your soul! Do this each and every morning in particular, and you will find the joy of living with more peace, harmony, love and abundance.

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 the gorgeous Stephanie with you. Stephanie is one of those people you never forget, her smile lights up your day, her voice is positive and upbeat, and she is a stunning role model of someone who 'never judges another' and is 'inspired by positive people in life'. Stephanie has taken her life through times of transition (especially out of the Corporate World into the Fitness Industry) to being in a beautiful space where she is now - she is rare, strong, and my perfect role model of inspiration.

Love Karen xxx

'Gratitude is a divine attitude in the wisdom traditions. It takes you out from the ego self and takes you into the higher self. That higher state of consciousness initiates self repair, self regulation and healing.'

-Deepak Chopra-

Yours sincerely,

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FROM MY GRATEFUL HEART - TO YOU - LOVE KAREN



MAY BLESSINGS FLOW ON TO YOU & YOUR LOVED ONES

Please send this on to anyone you are grateful for having in your life - remember when we are grateful it opens up for more blessings to come to us and others. Love Karen - YTO Life Coaching.

Offer Expires: 28 February 2019

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