

You're The One Newsletter

YOUR BEST IS YET TO COME! Issue 14 Vol 3 March 2019

In This Issue

[What's New With Karen](#)

[Mojo Tip](#)

[Life Coach Tool](#)

[Be Inspired Interview](#)

Karen Recommends



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What's New With Karen

Welcome to March 2019! Summer is over & Autumn is here (*oh no, I hear you fear*) - well I'm here to spread some good news! Frank Sinatra famously sang about it in his song '*The Best is Yet to Come*' and this month I celebrate with 'ol blue eyes' in his sentiments! What ever you have been through in the past right up until now, it is time to know that *Your Best is Yet to Come!* Now is the time to let go of the past chapter (especially any painful memories), and embrace the possibilities of a better future! Now is the time to believe that your life is going to get better & in the magic again! That greatness, happiness and love await us because we deserve it! So this month, I encourage you to draw a line in the sand, forget the past, change your perspective knowing your days & your future are becoming super bright! Enjoy the sun coming from within (even if we can't predict our weather)! Love Karen XXX (*Happy Birthday & Lots of Love to my special parents: Mum for 1st March and Dad for 2nd March*).

Mojo Tip: Monique & Basil: Do What you Love!



Monique Wright & Basil Lempilas, Co-Hosts, Channel 7, Weekend Sunrise Program enjoy fun, happiness & friendship on and off set!

The 3rd step on your magical Mojo Mindset for 2019 is to believe that the best is yet to come in your life! People with Mojo have this kind of sparkle around them, as if they expect the best to happen, and spread their enthusiasm & joy to others. These Mojo-esque Role Models live with happiness, whatever they are doing - taking the road less travelled away from anything that does not make them feel alive or without a sense of fun! When I think of two Role Models - I have to speak of a TV duo, who inspire me every weekend on Weekend Sunrise! They are co-hosts Monique Wright & Basil Lempilas. What I love about this great television partnership, is their genuine joy and happiness for their job, their colleagues, and each other. Monique often refers to Basil as 'Mr Bean'. I love Monique because she is kind, intelligent, and full of life. I love Basil, because of his great smile, his ability to laugh at himself and his infectious enthusiasm. What is the magic ingredient that gives

a person this ability to truly embrace & make decisions based on happiness (rather than on other factors). Perhaps it is that old cliché - do what you love and the money will follow. Lately, I've come to believe in that wholeheartedly again! So, what can we learn about our 2 Role Models. Perth-based broadcaster joined Weekend Sunrise alongside Monique Wright on the show last year. *"For years I've watched and thought how much fun it would be to be part of the Weekend Sunrise team,"* Basil said. *"Turns out I was right. I've loved every moment filling in on the show over the last six months and I can't wait to work alongside Monique every weekend."* Monique Wright added: *"We needed a lanky uncle who is mad about sport in the family, now we've got him! Basil is a tower of a person - literally. His wonderfully generous and fun personality is matched only by his 6ft 5 frame. His energy and knowledge over a wide range of areas will be a wonderful addition to the Weekend Sunrise family. "We have known each other for more than 20 years and are firm friends, so I'm really looking forward to sharing the desk with such a brilliant person. His self-deprecating humour is simply a joy and he has already given me permission to rib him about everything... so this is going to be a lot of fun!"* Seven Network Director of News and Public Affairs, Craig McPherson, said: *'Basil is a bundle of energy on and off screen. He has a serious passion for news and everyday issues which will no doubt come to the fore in his new role. He has many strings to his bow which have been relatively untapped. He'll excel alongside Monique and the terrific team at his new home on Weekend Sunrise.'* Perhaps we can all be inspired by these two wonderful examples of doing what is fun, living with a sense of joy, and following our hearts, and letting our magic shine - whether that be in our personal or professional lives. It is time for you too, to sparkle, shine and believe in the magic of your life and the infinite exciting possibilities it presents! Believe that Your Best is Yet to Come! Love Karen xxx

Life Coach Tool: 3 Tips: Know The Best is On Its Way!



Preacher & Author, Greg Laurie's Book 'The Best is Yet To Come'

Please find below a synopsis of his book 'The Best is Yet to Come' from Author & Preacher, Greg Laurie. *(please note, you may prefer to change the words God/Jesus to higher power, whatever it is that you identify with).*

Tip 1: Is Your Life Dread-Locked?

If you feel stuck, hard-pressed on every side by bleak circumstances and an ominous future looming ahead, you know there's got to be a better way to live. But worry and anxiety have become familiar companions. And you need *out*.

Tip 2: Look Forward to Looking Forward!

Do you dread the days ahead? Then it's time for a perspective check! It's not that footloose and fancy-free days await you, because the reality of life is that you will indeed face trials, sorrow, and grief. But you can boldly move forward to embrace this future-because the best is yet to come! Greg Laurie reveals how and why you can approach the future with confidence, no matter what your present circumstance. Life will never stop throwing challenges your way, but God will never stop escalating your faith. That's guaranteed. And with this increased faith, you can more fully embrace Him and the beauty of life as He intends it for you!

Tip 3: Thank God, because He's saving the Best for Last!

Thank God, because He's saving the best for last.

The Story Behind the Book: "The Best Is Yet to Come is a message that came out of a time of personal reflection on the rapid passing of time in Greg Laurie's life. It is a look at the importance of focusing on what really matters in life and holding the course of following Jesus Christ in the confidence that the best really is yet to come! Here you'll discover the secret to thriving in any situation. Your circumstances could miraculously change, but more likely, you will change. Your faith will escalate, and anxieties will melt away. Embrace now the truth that the best is indeed yet to come!

Be Inspired Article: 10 Questions with Jacinta Commons!



(Jacinta prefers to let her beautiful Endota Malachite reflect her innate nature & beauty without a personal photo).

The mineral crystal symbolises the healing green of nature, the innate beauty of flowers, treats, roots and plants, & is a stone of transformation, promoting change & spiritual growth.

Who is the real Jacinta?

Country girl moved to the city for Uni, worked in Recreation with young people, then did community work with different State Government Departments, and now starting on a new journey with a new business - Endota Spa Moonee Ponds. Love Travelling and looking forward to exercising more in the future. Enjoying the ride!

Which five words best describe you?

Open. Steady. Friendly. Supportive. Bold.

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

Life Guard at a swimming pool moved through sport and recreation into State Government departments.

What's your proudest achievement?

My family.

What's been your best decision?

Deciding to backpack with the family for three months overseas.

Who inspires you?

People that choose to be brave and try new things.

What are you passionate about?

Being your best 'me'.

What's the best lesson you've learnt?

Authenticity is key.

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

Leonardo Di Vinci.

What dream do you still want to fulfill?

Living on the beach one day.

What are you reading?

Billy Connelly's autobiography - "Made in Scotland".

Daily Hint: Daily Reminder To Open a New Chapter of Expectancy of the Best Coming Your Way Daily!

Thank you! Your Daily Hint this month is to start March 2019 with a decision to close an old chapter of your life, and open a new exciting chapter of wonder and curiosity of beautiful possibilities. Focus daily on the magic of new opportunities, and following your bliss towards what you love, & what gives you a sense of aliveness, fun & joy. Trust in the principle of doing what you love (and believing the money will follow)! Have faith, be brave and watch what manifests in your life for your ultimate good. Enjoy! Enjoy!

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 shine a light on such an admirable woman, Jacinta Commons. Jacinta took the leap of faith & courage to start up her new Franchise, Endota, bringing a new haven to Moonee Ponds. Jacinta is inspirational as she has taken an adventurous journey of authenticity to follow what gives her the greatest joy! Each time I visit Jacinta at Endota Spa in Moonee Ponds I am immediately transformed into a state of peace, calm, serenity as I wander into her beautiful haven. It is a testament to the kind of person she is and truly reflects her attitude and values she holds. Be absolutely uplifted by Jacinta's journey to where she is now! Jacinta is a person who embraces the 'Best is Yet to Come' outlook. She is a great role model for any of us, wanting to venture out onto our own happy path.

Love Karen xxx

'Out of the tree of life I just picked me a plumb. You came along and everything started to hum. Still it is surreal that the best is yet to come. The best is yet to come and babe won't it be fine. You think you have seen the sun but you ain't seen it shine.'

-Frank Sinatra-'The Best is Yet To Come'

Yours sincerely,

karen vella

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**PASS ON TO YOUR FRIENDS, COLLEAGUES, LOVED ONES
LOVE KAREN XXX**



Please pass on to all your friends, colleagues, family and loved ones & especially to those who may need a little more support, care, or nurturing - remember to remind them their best is on its way! Love Karen - YTO Life Coaching.

Offer Expires: 31 March 2019

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