

# You're The One Newsletter

MAKING Someone's DAY! Issue 14 Vol 4 April 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 April 2019! During March, I've been remarkably inspired by those special people who go out of their way to do things for other people (often in private, without wanting any fuss). I've been seeing it everywhere. The thoughtful colleagues who leave surprise gifts on our desks, the friends that cook special dishes for our ill family, our extended family who run errands & take family to hospital appointments, the neighbors who quietly water other's plants, the beautiful souls who visit and give their time. With a lot of negatives happening in our media and world, it is reassuring to know there are still some amazingly good people around us. I've learned that *it is in the giving that makes us happiest, that by doing things for other people it really brings a smile to our faces & warmth to our hearts*. In a world where it is often said "look after number one" I'd like to start a movement "look out for others more". I would like to personally thank everyone who has been so kind to myself and my family over the past year - your gestures, words, actions have been the kindling that has warmed out hearts and taught me personally that it is truly best to give. Here's to you too, making someone else's day. And believe me, you will attract so much more to you, when you focus on the giving! Love Karen XXX (*Happy Easter to All for April - however you celebrate - may it be a truly transformative experience this year for you and your families!*).

## Mojo Tip: Sir Nicholas Winton: A True Humanitarian!



(The Late) Sir Nicholas Winton, born 19 May 1909 and died 1 July 2015, Humanitarian and Holocaust Hero, being knighted by the Queen in 2003.

The 4th step on your momentous Mojo Mindset for 2019 is to do things for other people. People with Mojo do things silently (without seeking any acclaim) to make other people's days. These people have the emotional intelligence to know that whomever they come into contact with, that person is valuable, and a small gesture can simply be what their heart & soul truly need. People with Mojo have mastered the lesson of overcoming selfishness to become more selfless; & know that true power lies in the giving. They love to focus on what they can do and what they can give, rather than on what is in it for them. They have crossed a bridge in their lives from being life's passengers, to

being active members of a caring, sharing community. When I think of someone who is so inspirational in this area, (the late) Sir Nicholas Winton is an outstanding example. Born in Hamstead London on 19 May 1909, he lived to an age of 106, and passed away at Wexham Park Hospital, in Slough in the United Kingdom in July 2015. In 1938 he began the rescue of hundreds of children from the Jewish Holocaust. In an operation later known as Czech Kindertransport, he took them from Czechoslovakia to Britain, and helped them find new families. Nothing was known about this until 50 years later, when his wife, Grete, found a notebook containing the names and pictures of those saved by Winton. His wife gave this notebook to a BBC TV program, to which Sir Nicholas was invited. He could not imagine what would happen. The TV Presenter showed the book with all the names of the children. Then, all the people who owed their life to Nicholas Winton, were asked to stand up and he received a standing ovation from a room of people. In total Sir Nicholas Winton saved 669 lives from Nazi Concentration Camps. He did this silently, in secret, and without anyone knowing. A man to be so admired. May we learn from the spirit of people like Sir Nicholas, that when we give, we are truly receiving. It is in the giving especially to those who are vulnerable, or at worst, their lives are at risk, where we truly feel our humanity at its deepest core. Be inspired with a new way to become a silent giver, to do things for others, to look out for others, and take care of others. This is the most powerful elixir for your soul. I dedicate this to all those who are silently giving to others in our society. You are simply my heroes. If I can learn to be more like you each day, it is my greatest wish. Love Karen xxx

### Life Coach Tool: 6 Tips: Sir Nicholas Winton's Legacy!



**'If people would work for a real ethical future, then most of humanity's problems would be solved' Sir Nicholas Winton, Holocaust Hero & Humanitarian.**

Below, I have listed some of Sir Nicholas' inspirational traits, borne out of his legacy, which he was known for over his 106 year of life span:

#### **Tip 1: Be *the* person who has the Moral Courage to do something for your Fellow Human Beings:**

As a six-year-old, former UK Labour MP, Lord Dubs, was one of the children who was put on a train out of Czechoslovakia. He paid an emotional tribute to his rescuer as "just one of those very special human beings." "His legacy is that when there is a need for you to do something for your fellow human beings, you have got to do it," he said.

#### **Tip 2: Be *the* person who Makes the Difference:**

His son Nick said of his father's legacy: "It is about encouraging people to make a difference and not waiting for something to be done or waiting for someone else to do it. "It's what he tried to tell people in all his speeches and in the book written by my sister."

**Tip 3: Be *the* person who is a Point of Light:**

Daniel Taub, Israel's ambassador to the UK, said: "He was a hero of our time, having saved 669 Jewish children from the Nazi regime. His legacy, as a point of light in an era of darkness, will forever be remembered". In 2014 Sir Nicholas was awarded the Order of The White Lion by Czech president Milos Zeman.

**Tip 4: Be *the* person who is Positive & Radiates Goodness:**

Michael Zantovsky, Ambassador of the Czech Republic to the United Kingdom, who was a close friend described him as "a positive man who radiated good". "It was incredibly moving to be present at some of the gatherings of him with his so-called children and the children of his children. They all owe their existence to him."

**Tip 5: Be *the* person who is Courageous, Selfless & Modest:**

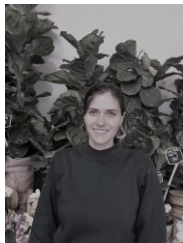
"Anyone who had the privilege of meeting him immediately felt admiration, respect and were in awe of his courage. That courage led him to risk his life to save the lives of some of the most vulnerable people. His inspiration will live on," he said. Chief Rabbi Ephraim Mirvis praised Sir Nicholas' "exceptional courage, selflessness and modesty". "He lived to see thousands of descendants of those whose lives he saved who were proud to call themselves members of his family, and who were inspired by his example to undertake outstanding charitable, humanitarian and educational initiatives," he said.

**Tip 6: Be *the* person who has A Warm Heart & Unfailing Old-World Courtesy:**

"I knew him to be a gentleman of unfailing old-world courtesy, with a warm heart and a ready self-deprecating wit." Rabbi Lord Jonathan Sacks, who was Chief Rabbi of the United Hebrew Congregations of the Commonwealth from 1991 to 2013, called Sir Nicholas a "giant of moral courage" and "one of the heroes of our time". "Our sages said that saving a life is like saving a universe. Sir Nicholas saved hundreds of universes," he said.

*"Sir Nicholas was born Nicholas Wertheimer in 1909 to Jewish parents. By 1938 he was a young stockbroker in London. He dropped everything to go to Prague to help Jewish refugees fleeing Nazi occupation. Sir Nicholas organised foster families for Jewish children in Britain, placing adverts in newspapers. The 669 children travelled on eight trains across four countries. Sir Nicholas's team persuaded British custom officials to allow all the children in despite incomplete documentation. The reluctant hero worked to find British families willing to put up £50 to look after the boys and girls in their homes. Sir Nicholas was knighted by the Queen in March 2003. His work has been likened to that of the "saviour" of Jewish prisoners Oskar Schindler, however it was a comparison he was not particularly fond of." RIP Sir Nicholas Winton - you are simply a hero and role model for us all.*

**Be Inspired Article: 10 Questions with Cassie Fitzmaurice!**



*(All the lovely girls at Grown Florist are amazing - the wonderful Cassie is my inspirational guest interviewee on behalf of the Grown Team)*

**Who is the real Cassie?**

I'm from the Macedon Ranges and an Apprentice Florist at Grown Florists. I spent my 20's exploring, not only the world, but myself (to heal from the past and find meaning in my life after a tumultuous and lonely childhood). I am now a happy and grounded person who has found joy in living.

**Which five words best describe you?**

Open. Courageous. Outsider. Authentic. Good Dancer.

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

I started at the Gisborne Fish shop when I was 15. Since then I've had a variety of casual jobs before gravitating towards floristry.

**What's your proudest achievement?**

Too many to choose from. I'm a high achiever by nature.

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

Quitting my previous job.

**Who inspires you?**

Jack Kornfield, Jordan Peterson, Scott M Peck, Simon Amstell, RuPaul.

**What are you passionate about?**

So many things: Connecting with People, Psychology, Nature/Outdoors, Floristry, Trying New Things, Art, Music, Dancing.

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

We're all born naked, and the rest is drag. Just be you, everything on top is a bonus. See challenges as obstacles, not walls.

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

RuPaul.

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

True belonging.

**What are you reading?**

'Catch 22' by Joseph Heller.

**Daily Hint: Daily Reminder To Prioritising Making Someone Else's Day**

Thank you! Your Daily Hint this month is to find ways daily over the next month, to prioritise making another person feel special, each and every day! I guarantee, your inner peace & happiness, and that of the recipient, will elevate the collective society we all live in. Better still (do it secretly without anyone knowing)! This is really an opportunity to live heroically this month. I take my hat off 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 so grateful for the lovely Cassie at Grown Florist, Moonee Ponds, to be my guest interviewee. Cassie is my guest on behalf of the Grown Team, who always make me feel incredibly special at Grown when buying flowers for loved ones, and my own home. Cassie's journey as a young woman is simply one that speaks for itself - a true Hero in my eyes. Thank you Cassie for being a truly authentic person who does something to make other people's days special(especially yours truly)!*

*Love Karen xxx*

'Good People Do Things For Other People'  
- 'Afterlife' - (Netflix)

Yours sincerely,

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

**Be Moved by A Sir Nicholas Winton Tribute  
Please View under YouTube (type in Sir Nicholas Winton)**

*Please pass on to all your friends, colleagues, family and loved ones! Love Karen - YTO Life Coaching.*

**Offer Expires: 30 April 2019**

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