

# You're The One Newsletter

HAPPINESS & REST! Issue 14 Vol 5 May 2019

## In This Issue

[What's New With Karen](#)

[Mojo Tip](#)

[Life Coach Tool](#)

[Be Inspired Interview](#)

## 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....

## Quick Links...

[Our Website](#)

[Products](#)

[Services](#)

[More About Us](#)

[Join Our Mailing List!](#)

## What's New With Karen

Welcome to May 2019! Driving along last month, I switched on my radio, and happily discovered one of my favourite segments had just started. As I listened to the one-minute message of the day, I felt as though, the mentor was speaking personally to myself & my lifestyle, about a subject I most needed to hear; the subject - rest. Rest is a word I don't often use (let alone do) & many of you I know are the same. We say we are 'busy' thinking it to be a socially acceptable way of expressing to the world the life of a achiever (*yet somehow knowing deep down in our core, this not to be the truth*). So, back to that warm April day, driving along, I was reminded of the real truth. Dating back to even ancient biblical days, rest was considered so vital, that it was factored into Law. As part of the human condition, not only do we deserve rest, it is essential to our psyches, health and happiness and for us to make the most of the lives we are given. This month, as we approach Mother's Day it is an ideal reminder for us all to make a conscious decision around rest & scheduling some beautiful, blissful, time out for ourselves and for our Mothers. Rest, relish, relax, rejuvenate, reward - you & your Mum deserve it. My newsletter this month follows with my discoveries, insights, and strategies around rest so that we can all get back to feeling happier and healthier. Rest up, Enjoy, You Deserve it! Let's all find ways to rest more and enjoy these days (even if they are half days) of total bliss and enjoyment! Love Karen XXX (*Happy Mother's Day to my Adored Mum, and to My Special Step Mum, Marianne for May 12 and to all the Mothers out there*).

## Mojo Tip: MATT DAMON & LIAM HEMSWORTH: On Rest!



### Hollywood Actors, Matt Damon & Liam Hemsworth

The 5th step on your marvellous Mojo Mindset for 2019 is to value & prioritise rest time in your life. People with Mojo have made a significant change to their way of living, out of constant activity to one where rest/downtime is enjoyed frequently. This healthier lifestyle affords them a greater sense of energy, wellbeing and happiness, having periods of being fully on, and others where they are fully off. My perfect role model/s this month are Hollywood Actors and great-mates, Liam Hemsworth and Matt Damon. Despite being high profile Hollywood Actors with gruelling schedules, both actors schedule down time. They both live/spend quality time in Byron Bay, and regularly

holiday together on road trips with their families around Australia & other destinations. This is a way for them to rest, be at ease and away from the constant scrutiny of Hollywood and the paparazzi. Hemsworth, 35 is married to Spanish Born, Elsa Pataky, 42 and have 3 children, and Damon, 48, is married to Argentinian, Luciana Damon, 43 & have 4 children. If these Hollywood Actors have found a way to schedule rest time (holidays/family/fun/friendship) then I'm certain we, too, can be inspired to do so. It is said that on the 7th day of Creation, even God rested. All it takes is our decision. Research also suggests that if we don't consciously take care of rest, our subconscious will lovingly, find a way of resting you - and more often than not, in ways which we may not want. So, if you are not taking care of your rest - as in relaxation through holidays, or hobbies, & being able to switch off, and giving yourself downtime so you are able to sleep, your subconscious will create strategies to help you rest. Normally this occurs by way of illnesses, self-sabotage (*you get pulled back from the things you really want to commit to*), or you live in power-saving mode (*a middle ground of on and off, and where you are just existing without showing up*). So, to sum up, if you haven't taken care of your rest resourcefully, consciously, it will take care of itself un-resourcefully subconsciously, so you can't get away from rest. So it makes sense to pay attention to rest, and find really health giving ways to do it. So, my invitation to you today is to sit down with your diary and schedule some rest time and truly celebrate yourself, your loved ones and being alive! Rest, and revive and relish your ravishing Life. Rest Revive - Stay Alive! Love Karen xxx

### **Life Coach Tool: 3 Tips: Find Rest When Your Soul is Weary & Your Schedule Busy**



**Be still and know that I am god.**

Please find below a synopsis of an article by Anna Lowell, US Bible Studies Teacher and Blogger (Path Through the Narrow Gate). Anna's article will resonate with us all about what to do when our soul is weary, yet we have a busy schedule. Enjoy below: (*please note, you may prefer to change the words God to higher power, whatever it is that you identify with*).

#### **3 Ways to Find Rest When Your Soul is Weary & Your Schedule Busy**

How are you doing? Is your soul weary and your spirit feeling crushed as you look at entering a busy season? Do you need to re-evaluate your schedule, remove distractions, and make room for God's Words? Do you ever feel like your soul feels no excitement - only weariness? Do you feel physically exhausted, mentally worn down, emotionally volatile, and spiritually thin? You and I both know that this is not where God wants us to live. When we become weary, we know that it is time to slow down, to simplify. The question, of

course, is how can we possibly slow down when life is bearing down on us like a freight train? How can we slow down when we are moving from the "slow and relaxing" months of summer into the crazy busyness of a new year schedule? How can we survive when we are starting the race exhausted? Here are three steps that I am taking to combat this weariness in my own life.

#### **Tip 1: Re-Evaluate the Schedule**

Do you need to seriously cut things out of your schedule? Even good things? Do you need to let go of your own expectations and the expectations of other people? Do you need to be willing to let people down because you are not 'super wo/man' and you cannot do it all? Do you need to say "no" a bit more?

#### **Tip 2: Eliminate the Distractions As Much As Possible**

Are your choices in entertainment distracting you from God and causing you to focus on the things of this world? So, I am turning off the radio, at least for a season. I am not scrolling through Social Media as much. I am trying to eliminate as many distractions as possible, right now, so that my soul can get some much-needed rest. How about you? Do you need to eliminate some distractions, at least for a time?

#### **Tip 3: Make Room for God's Words**

The purpose behind re-evaluating your schedule and eliminating distractions is to make room for God's voice. Have you ever noticed that God seldom shouts at us over the cacophony of messages that we are allowing into our minds each day? Rather, He waits for us to quiet our own hearts and to turn to Him, and then He speaks truth into our hearts through His Word, comforts us, gives us rest, and heals our wounded and bruised spirits. So, I want to intentionally turn to God as I enter this busy season in life. I want to make room for God's voice. I want to be more intentional about setting time aside for prayer each day.

*How are you doing? Do you need to re-evaluate your schedule, remove distractions, and make room for God's Words? Take Heart from the above article and be still, trust, and follow the tips above and turn inwards and rest. Soon you will return to a calm, peaceful state of faith, joy, hope and inspiration.*

### **Be Inspired Article: 10 Questions with Chris Fleming!**



#### **Who is the real Chris?**

I was once a bit of a gypsy boy, always chasing adventure in a new city, now I am back in Melbourne, putting down roots at the tender age of 46, working two jobs in my favourite industry - Customer Service and loving it! My current priorities include caring for my partner John, as he approaches palliative care.

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

Christian. Thoughtful. Compassionate. Engaging. Resourceful.

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

In High school, I was extremely lucky to land a job working after school in a butcher shop! I remember it was a big deal for me at the time and how exciting it was to go in on a Wednesday afternoon to sign my name in exchange for a little yellowish-brown envelope full of money! Since leaving my studies, I have worked in hospitality, telecommunications, Defence Force Recruiting, Case Manager working with job seekers, Aged Care, After hours Doctor service, Security and Customer Service.

**What's your proudest achievement?**

My relationship with my partner John, 23 years now!

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

Stop comparing myself to others and focus on being a better version each day of the person I was the day before.

**Who inspires you?**

My partner, family and friends.

**What are you passionate about?**

Listening to people that are about to tell me something important!

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

Assume the person you are speaking with, knows something that you don't!

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

Gus Van Sant.

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

Write something amazing!!

**What are you reading?**

Milo Yannopolus, 'How to be Poor.'

**Daily Hint: Daily Reminder To Start Your New Reprogram of Rest**

Thank you! Your Daily Hint this month is to find ways daily over the next month, to really commit and reprogram the brain to a new way of living where rest becomes just as important as activity. Plan a Rest daily, weekly, & schedule in a weekly rest in your calendar. Watch how the joy, calm, and well-being begin to flourish!! Begin to Love & Value Your Rest!! You deserve a fresh start daily!

*I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! It is so easy for me to write positive words about Chris. From the first day I met him, he was open, curious, kind, energised, thoughtful and genuine. I knew from that moment there was something more to him - he stood out from the crowd as being a truly*

intelligent and kind human. Now that I've interviewed Chris, all the missing pieces of the jigsaw fit together to why he is a friend and a beautiful soul I cherish. Be enthralled by Chris.

Love Karen xxx

*'I feel thin, sort of stretched, like butter scraped over too much bread'*  
-J.R.R. Tolkien - Quote - Bilbo Baggins, The Hobbit-

Yours sincerely,

*karen vella*

*yto owner & founder, performance consultant & life coach (cert iv)*

yto nlp practitioner (nlp, Time@Line Therapy, Hypnosis, Coaching

M:0419570011 |

E: [karen@youretheone.com.au](mailto:karen@youretheone.com.au) | W: [wouretheone.com.au](http://wouretheone.com.au)

**PASS ON TO YOUR FRIENDS, COLLEAGUES, LOVED ONES**

**LOVE KAREN XXX  
YOU DESERVE IT.....**



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

**Offer Expires: 31 May 2019**

**Copyright © You're The One**

**Disclaimer:** The ideas, thoughts, concepts and models (Information) that have been detailed above are those of the person sending you this communication and do not take into consideration your business finances, risk profile, legal and specific needs for your business. You should always seek sound financial and legal advice if you are unsure whether to act upon the Information provided. You agree to assume the entire risk as to your use of this Information. You agree to hold You're The One, its directors, shareholders, employees, agents, representatives and affiliates harmless in any claim or event.

**IMPORTANT NOTE:** You have received this email because you have subscribed to a past newsletter, readers resources or other communication. If you no longer wish to receive this message, please unsubscribe or change your preferences. (see the links at the bottom of the page). Please don't use the junk mail filter on your mail rvice as it prevents other subscribers on your USP from reciving their mages - thankyou!