

# You're The One Newsletter

WINNERS ARE IN FLOW! Issue 14 Vol 10 October 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 October 2019! As I write this Newsletter Melbourne is in the grip of Grand Final Fever (*as we await the outcome tomorrow evening when the Final Siren sounds at the MCG*)! So what makes a Winner: *my definition is a person, or a person leading a group of people, to peak potential & having fun and happiness along the way.* Brendan Gale, CEO, of Richmond Football Club lives and breathes this attitude into his culture at the Club. I heard him speak on the ABC Radio this morning about the great privilege he enjoys as being the CEO and why he loves his job: *being able to make a difference to other's lives.* Brendan & his Coach, Damien Hardwick, embrace a people-first attitude and have transformed the Club under the guidance of Mindfulness Expert, Emma Murray. Simply said the team is all about embracing happiness, enjoying the moment, having fun, smiling & gratitude. Imagine how we could transform ourselves by living our lives with a shift in this type of mindset. Imagine if we took the pressure off ourselves, and instead shifted our focus to having fun in the process (*imagine the possibilities if we embraced our workplaces (as funplaces) our homes as (happyhomes), and our communities (as blisszones)!!* Take on your winning mindset! Be Mindful! Flow! Enjoy the Journey! Winners are Truly Grinners! Love Karen XXX (*PS Brendan Gale swims at 6.10am each morning in the cold Melbourne Bay, even in winter! A true Winner if ever I heard of one!*)

## Mojo Tip: Emma Murray: Her Winning Formula!

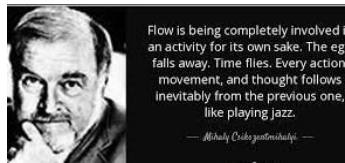


Emma Murray, High-Performance Mind Coach (Richmond Football Club), Psychotherapist, Mindfulness Instructor, NLP Master practitioner, Clinical Hypnotherapist.

The 10th step on your magnificent Mojo Mindset for 2019 is to step into a Winner's Mindset. People with Mojo embrace their own peak-performance mindset by methods such as visualisation, meditation & focused attention to get the best out of themselves. These Mojesque Role Models employ tools such as mindfulness, gratitude, compassion & vulnerability to attain peak performance & wellbeing. Emma Murray is our perfect Role Model this month. Emma is a High-Performance Mind Coach, Psychotherapist, Mindfulness Instructor, NLP Master practitioner, Clinical Hypnotherapist of over 20 years. She works with elite athletes, corporate executives, performers and VCE students, including her role as High-Performance Mind Coach for Richmond

Football Club and St Kilda Football Club. Emma is the mother of Will Murray, gifted athlete who was destined to be the next big thing in the AFL before breaking his neck jumping off a pier and becoming a quadriplegic. Emma has faced the most difficult challenge demanding all of her skill and mental agility while guiding her teenage son, Will, a gifted athlete, after an accident left him with quadriplegia. After the accident pieces of Emma's life had to be rebuilt and reimagined but she was determined to thrive. Through her writing and speaking engagements Emma outlines the life changing lessons from the challenges of living with spinal cord injury as well as finding peak performance in sport and life. Emma engages her audience with personal stories as well as those of some of Australia's elite athletes. To achieve and perform better the message is gratitude, empathy and mindfulness and Emma communicates and connects these principles so her audience can leave more focused and empowered. In relation to Richmond Football Club, Emma states *"We do a lot of work in the pre-season to build that awareness. Then its about words and movement - the players doing certain things with their body or remembering words that help them snap back into focus. For some players it's about their posture, puffing their chest out and lifting their head so they can communicate clearly. For others its about always moving their feet."* Remembering words and to move in a certain way isn't new, but the way Murray teaches them to use these actions to snap into a certain mental space of control, no matter what the situation, is what's important. So too is the environment the players learn these techniques in. Before every weight's session, Richmond's defenders meditated. Every week individuals and each line (and group within the lines) would meet with Murray to either meditate or talk about ways to improve their "mind muscle", as Murray put it. To do that, they had to be vulnerable. They had to openly admit mental frailties during games and talk about what they found hard in front of teammates. At a footy club, that's virtually counter-cultural. Traditionally at a footy club you push through pain, you don't speak about performance challenges for fear of being deemed "weak" and you use the fear of failure to drive you. Not in Murray's world. She remembers how it felt, as a netball player, to bottle emotions and struggles. Murray says, *"The boys coming into clubs now communicate in a different way. For a long time the AFL as a whole had processes and systems based on accountability through naming and shaming or pointing fingers or being more punitive. That was fine however long ago but things have shifted. A lot of people working AFL clubs, they played like that and it was OK for them so they carry it on but it doesn't make sense to kids these days and it doesn't make them feel comfortable or get the best out of themselves."* May YOU be inspired to let go of the outdated ways of motivation for peak performance, and instead step into your own peak performance zone. Embrace gratitude, mindfulness, meditation, thrive, flow and be happy in the process. YOU have the winning ingredient! Love Karen XXX

**Life Coach Tool: 4 Steps: TO ENTER THE FLOW STATE!**



#### **Leading Authority of Positive Psychology, Dr Mihaly Chentmihalyi on 'Flow'.**

Melli O'Brien is an Australian Meditation, Mindfulness & Yoga Teacher. She runs Mindfulness Retreats in Melbourne, Sydney and Byron Bay. Her extract is shared below on Flow and how to Enter the State:

'Leading authority on positive psychology, Dr. Mihaly Chentmihalyi, studied this state of being and coined the term - flow. In the 1960s, he began extensive research on what makes a human being truly happy. He found that money doesn't make people happy (in fact, his research discovered that there is no real difference in happiness levels between people making \$35,000 per year and people making \$300,000 or more per year.) Things; personal possessions, luxuries, etc. don't play much part in how happy someone is. **Dr. Chentmihalyi found that humans are at their happiest when in flow.** This state of one pointed awareness tends to arise when a person gives his fullest attention to a task that he does for intrinsic reasons-that is, the person does the activity for his own sake, rather than as a means to an end. The activity takes the person's undivided attention so the mind is totally absorbed in what he's doing. When you are in the state of flow, your entire being is immersed in the activity and everything seems to be working together in complete harmony. Your performance level is often at its peak, you achieve an optimum level of clarity and focus, yet you're not thinking about it. You're not judging every move, you're not planning your next move; you're just letting it unfold. In flow, your 'ego' withdraws, making way for the process to happen, unimpeded- you're not conscious of inhibitions, hunger, thirst, fatigue, aches or anything outside of the activity. All worries, thoughts and memories seem to melt away. Time flies, but you'll be completely unaware of it, as if you've stepped outside of it for the moment. You become one with what you're doing in flow. Studies done on athletes in "the zone" - the state of flow - show their brain waves operate similarly to the brain waves of those in meditation. Flow is a state of meditation- of mindfulness - that you're experiencing not while sitting quietly, but while fully and completely absorbed in an activity.'

#### **Step 1: Breath**

Before you begin the activity, pause, then take three deep slow conscious breaths. Let the mind be fully engaged in the breath for that time and nothing else.

#### **Step 2: Focus**

Focus all of your attention in the present moment. Pretend for the moment that past and future do not exist. Take awareness to your sense perceptions. Be fully present in the now.

#### **Step 3: Intensity**

Slowly, with deliberate movements, go about your activity. Make it into a meditative practice but with an intensity of focus.

#### **Step 4: Absorption**

Remain alert and keep the mind fully attentive to what you are doing in that moment only- not allowing it to slip off into unconscious mind chatter. Be completely absorbed in the activity as if you had just been born into this world. You will find that the activity 'comes alive' when you practice it with mindfulness. If your mind does slip off into 'autopilot' simply guide it back to being intensely engaged in what you're doing. Practising in this way immediately makes what was previously just a routine chore into a deeply satisfying and enjoyable moment. Can you challenge yourself to stay fully 'present' for the entire activity?

*I will leave you to ponder the words of Melli who says: 'You don't need a mountain, a sport or even a beautiful sunrise to enter mindfulness. You can simply choose to become mindful once you understand how. In the Yogic traditions practising 'karma yoga' and Buddhists practising mindful living, simple tasks are practised as a*

*means to enter flow. Instead of focusing on mountain climbing, dancing or other types of intense activity the focus is usually on simply sweeping, washing, walking and mopping. Practising with these 'chores' is a method by which the practitioner can come to realisation that there are no mundane moments, only mundane states of mind. With practice, the same vibrant peace and sense of well being can be embodied while sweeping, meditating or climbing a mountain equally. **Don't take my word for it though. Try it out for yourself. Try this. Choose one thing that is a routine daily activity and make it into karma yoga - your mindfulness practice. Make it something simple It may be brushing your teeth, doing the dishes or walking up or down the stairs.' Be in the peak of Flow!***

#### **Be Inspired Article: 10 Questions with Diane Habibis!**



#### **Who is the real Diane?**

My name is Diane and I was raised in Keilor Park. I had a great childhood and despite some financial family hardships, I always knew that my parents loved each other and most importantly they loved me. I was very shy and hardly had any friends but at nine years old I met my best friend and married him fourteen years later. Together we have taken on the world and have dealt with all that life has thrown at us. I have two gorgeous daughters and I am also a mum to a big boned Tom cat and two dwarf rabbits. My husband and I run our family business together and we both love to potter around in our huge veggie garden and orchard which is really my only form of exercise. I like to keep myself grounded in this fast-paced world and take every opportunity to deflect distractions. As a parent I'm constantly guiding our girls through life's trials and tribulations and I'm always there to help them make conscious decisions. I try to take time out and reflect on all that I have been blessed with and be grateful for my life, family and friends.

#### **Which 5 words best describe you?**

Focused. Driven. Authentic. Passionate. Hungry.

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

My first job was in 1983 when I was told by my parents, they couldn't afford to pay my high school fees so my mum organised to get me a part time job in the factory where she was working folding bed linen. I was to spend all school breaks working there to raise money for my education. All I remember was working in the stifling heat when all of my friends were enjoying their summer break. I made up my mind that this was only temporary and that there was something better out there

waiting for me. I did this throughout high school and when I went to university, I got my first job in retail. I loved it so much that even when I graduated and commenced working as a Civil Engineer, I couldn't wait for the weekends so that I could work my retail job. Eventually I became more and more dissatisfied with my 9-5 job that after I had my first child, and with the support of my husband Roy, I decided to open my own little store in Ascot Vale. I still have the love and passion I did for retail twenty years ago and I am blessed every day that now all of my family work in my business.

**What was your proudest achievement?**

When I was nominated for Retailer of the Year and Telstra Businesswoman of the Year in 2017.

**What has been your best decision?**

Leaving my profession as a Civil Engineer and with the love and support of my husband, starting my own business after having just given birth to our first child.

**Who inspires you?**

Strong women who have overcome insurmountable odds to become successful role models for future generations.

**What are you passionate about?**

Seeing my girls grow up fearless and optimistic for the future and what limitless possibilities lie ahead for them.

**What is the best lesson you have learnt?**

Never judge a book by its cover.

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

Cleopatra - I'm sure I was born in the wrong century.

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

To be in good health and work in my store and to be able to serve my lovely customers until the day God calls me.

**What are you reading?**

"Tribe of Mentors" by Timothy Ferriss.

**Daily Hint: Daily Reminder To Start Your Flow Rituals Now:**

Thank you! Your Daily Hint this month is to follow the exercise above and start doing your routine activities in a state of Flow. Give your full attention to the activity, no matter how mundane, and be truly absorbed in the moment. Realise that being in Flow states are the times when you lose yourself and experience true enjoyment of life! Be in Flow and transform the mundane into magical!

*I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! In this newsletter, I invite you to be inspired by the beautiful, Di. Di runs D'Artagnan (a gorgeous homewares and gift shop in Moonee Ponds) and I love everything about her store, right from Di, herself through to her family that also work there, along with fabulous products. She is truly a delightful person. I love how Di keeps herself grounded and takes every opportunity to be in the moment, to be grateful, and joyful. She truly is a great role model for the subject this month. Thankyou Di, for making all your customers feel special and the world a better place.*

Love Karen xxx

*'Success, like happiness, cannot be pursued; it must ensue as the unintended side-effect of one's personal dedication to a course greater than oneself.'*

*Mihaly Csikszentmihalyi (Author of 'Flow')*

Yours sincerely,

*karen vella*

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### D'ARTAGNAN INTERIORS

*Experience the bliss and flow as you enter the beautiful ambience of D'Artagnan. Diane & her family welcome you to explore her beautiful store, 106 Puckle Street, Moonee Ponds Vic 3039. Tel: 9372 0911*



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

**Offer Expires: 31 October 2019**

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