

You're The One Newsletter

BE A PERSON OF SUBSTANCE! Issue 14 Vol 11 November 2019

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What's New With Karen

Welcome to November 2019! Passing by a headline article recently the title 'Women of Substance' caught my eye! Interesting coincidence as one of my Mum's neighbours, Carol, (whom Mum and I both really adore) has just been nominated for an International Hero Award (Carol went above and beyond in her job to save another's life whilst working for Metro Trains here in Melbourne). Carol is a humble person, never wanting the limelight and one of our true unsung heroes - so it is great to see recognition being shined upon a person of such character. Fittingly, this month my newsletter is dedicated to the 'Women or Men of Substance' in our lives - be they our family, friends, neighbours, colleagues & those we, may not have met, & admire in public life! It is time to celebrate these people and their extraordinary achievements in making the world a better place us, empowering us, helping us face difficult truths and challenging us to grow. To all the People of Substance, who continue to make their mark! We salute you. Love Karen *(PS Good Luck Carol - who is being flown to Hamilton Island Jan 2020 to attend the Award Ceremony and hopefully will be a Winner! She truly deserves the Award which was nominated by a member of the public who witnessed her HEROIC efforts)*

Mojo Tip: Turia Pitt: A True Woman of Substance!



Turia Pitt, Engaged to Fiance Michael, Soon-To-Be Mother of 2, Best-Selling Author, Mindset Coach, Motivational Speaker & Humanitarian (& completed 2 Ironman Marathons).

The 11th step on your magnificent Mojo Mindset for 2019 is to live a life of substance. People with Mojo live by the rule of making the world a better place for all. They have often come through tough times themselves and have acquired the strength to reach out, empower, and inspire others. These Mojo-esque Role Models rarely complain & refuse to let adversities define them. They focus on using negative experiences, as ways to strengthen them, challenge stereotypes, and lead others. My perfect role model who demonstrates being a woman of substance is Turia Pitt. You may know Pitt as the woman whose life dramatically changed in 2011 when (amongst several others) was caught in a grass fire during an Ultra-Marathon in the Kimberley resulting in horrific burns and injuries. She went from being an engineer, endurance athlete and part-time model to finding her life

completely changed. She suffered burns to 65% of her body, lost 7 fingers and underwent more than 200 operations over 2 years of rehabilitation. Fast-forward to now, she is now engaged to long-time boyfriend, Michael, and are expecting their second child very soon, and couldn't be happier. "Of course. I go through dark times", she told a newspaper recently. "But everyone has bad days. You can let experiences destroy you or mould you. I choose to let them mould me." Pitt has mentored thousands through her online programs and inspired millions through her books and major achievements. She is renowned for her pure grit, indomitable spirit and passion for humanitarian work, and has raised well over a million dollars for the not-for-profit organisation 'Interplast'. It's time to really shine a light on people like Pitt and other heroes in our worlds. I am sure we can all learn something from Pitt especially from her Father's 2 Rules when raising her: *Rule 1. No whingeing. Rule 2. No bloody whingeing.* Whatever it is, she is one of my favourite role models in overcoming life's unfair challenges it throws upon us from time to time. May she serve to us all whenever we feel the need to complain, winge, or wine, that we are truly blessed and need to make the most of what we have in our lives, and for the people who love us. Let's salute these amazing heroes, unsung, or otherwise in our worlds! To Men and Women of Substance - Salute!! You are extraordinary! Love Karen XXX

Life Coach Tool: 6 Actions: To Be a Person of Substance



Becoming a Person of Substance.

Below is an excerpt from a blog I came across, which really, highlighted exactly what I think universally a person of substance is. Please enjoy this excerpt from Blogger, Susan Meier:

"Our lives revolve around our successes. Sometimes we talk about how our failures propelled us forward. Often, we wonder if anyone cares about us and our successes, even though they nod their heads and smile as we tell them about how we haggled the dealership salesman down a few thousand for the new car in the driveway. I played baseball at the NCAA Division II level/I played video games professionally; I've run my own business. These are markers for some level of success in my life, but it's not what people care about." Below are 6 Actions to Take to Become a Man or Woman of Substance.

Tip 1: Be Selfless

Many of us are selfish. Why shouldn't we be? We're all we got in this world. However, a woman/man of substance understands there is something greater in the world for them to serve, whether this be humanity, their family, or a cause. The mere commitment to something greater adds depth to you as a person, and it communicates more about you to others than you can ever express over drinks and dinner.

Tip 2: Be Consistent:

Your word is your oath. Be someone people can count on. A reliable person is worth 10x their weight in gold. It's the, "who do you call when you get stranded at night in the middle of nowhere" concept. Be someone who takes care of their responsibilities no matter the time or place.

Tip 3: Be Humble

Simply, let your life lived speak for itself. There's not a time nor place where you should brag on yourself for something you did. If it's great enough, someone will surely do it for you. Your identity should revolve around your ethics not your laurels.

Tip 4: Be Interesting

Challenge yourself to learn new things. Encounter new cultures, situations, and activities. If you've always wanted to learn how to dance, enroll in a class. Think you want to skydive? Schedule it for this weekend. Those who pursue their curiosity create energy, because they're acting on deep seeded wonder instead of an advertisement of the next season of GoT.

Tip 5: Be Empathetic

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." - Maya Angelou. At the core of humanity, it's about connection. We are social creatures. So when you get the chance to make an impact on someone's life, go deep with them. Ask questions. Encourage them. Give them your undivided attention. Actively listen. Your understanding of the person sitting/standing across from you speaks volumes when they get around to telling someone else about you, whether indirectly or during an introduction. Who knows? You may change the world one person at a time.

Tip 6: Be Candid

Your integrity is more important than your likeability. Once all is said and done, people will respect those who acted on what they believe in than believed what others want them to act on. Be your true self. If you don't know who that is, go find you.

Susan Meier: "Through all the successes in my life, I've learned that people appreciate people; they tend to not appreciate things. If you want to be a woman/man of substance, go deep, not wide. Add value to lives. Be your true self. A shallow pond will feed you for a year, but a deep ocean will feed you for life." We have one life and a life lived for others is a truly deepening enriching experience for all parties. Devote time to becoming a person of substance! Live substantially! Love Karen xx

Be Inspired Article: 10 Questions with Carol Hibbert!



(Carol prefers an emblem to represent her rather than a photo!)

Who is the real Carol?

I am a better woman now than I was when I was married. When I was married I had everything materially that I wanted. I learned that material things that people stress about cannot make a person happy. You have got to be happy within to shine out.

Which 5 words best describe you?

Honest. Loyal. Positive. Pedantic. Trustworthy.

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

Retail. My path was I stayed in Retail in the Footwear Industry in the Management. Now I've gone into an industry that suits me - Metro Property.

What was your proudest achievement?

Having my 2 children.

What has been your best decision?

Leaving Retail.

Who inspires you?

Your Mum - Dawn - what she has gone through in the last couple of years, a lot of people would have given up.

What are you passionate about?

Life.

What is the best lesson you have learnt?

Follow your Heart and Never Say No. Don't worry about money.

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

My Father.

What dream do you still want to fulfill?

Maybe win Tattslotto.

What are you reading?

Schapelle Corby 'Hotel Kerobokann'.

Daily Hint: Daily Reminder Create An Intention of Substance:

Thank you! Your Daily Hint this month is to follow the exercise above and introduce the 6 Actions to being a person of substance. Reflect each morning on these 6 action tips and focus each day on one particular tip, repeating until the end of the month, when it becomes hardwired. You are becoming a better version of YOU as you develop

transforming into a true person of substance! It will enrich you in ways you never knew!

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 introduce a truly humble and beautiful person of substance to you, Carol. Carol is a beautiful, kind, thoughtful, warm and genuine soul. She demonstrates to all those who are lucky enough to know her, her character of being able to reach out to those in need, who may be suffering (& to strangers she has helped going above and beyond in the line of her work). Carol is an angel in this world and Mum and I are so lucky to know her. Thank you Carol for being a woman of substance to those around you.

Love Karen xxx

'Try not to become a [person] of success, but rather try to become a [person] of value.'

-Albert Einstein-

Yours sincerely,

karen vella

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I NOMINATE YOU
AS A PERSON OF SUBSTANCE
FOR



It is time to tell someone how much you value them - send on to anyone whom you admire, and show them your appreciation and nominate them for who they are in your life as being a person of substance. Don't forget to mention YTO Life Coaching: karen@yto.com.au

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

Offer Expires: 30 November 2019

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