

You're The One Newsletter

BE NICE & BLESSED TWICE! Issue 14 Vol 12 December 2019

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What's New With Karen

Welcome to December 2019! A beautiful time of year when we get to partake of the Christmas Spirit and extend peace, love and joy out to the world. Hearing the evening news recently, a rather jovial reporter, doing a (tongue-in-cheek story) on Christmas, was asking had people been 'naughty' or 'nice' this year. Aha! That was exactly the cue I needed for my Newsletter as my whole theme of 'niceness' has been forefront of my mind recently. A few days later, waiting for my morning barista-made coffee a stranger, out of the blue, paid for my coffee. That very same day, an acquaintance returning from the supermarket, handed me a can of a new no-sugar sparkling beverage from his freshly purchased supplies. How lucky and special did I feel!! Yet, my joy was extended by sharing to these kind souls how much they had made a difference to someone else's day and what true gentlemen they were. The theme of being nice is what I want to inspire you to follow this December & that means being nice to ALL! Simply said, let's all be NICE to EVERYONE we encounter each day this December. Santa has been watching our actions all year - let's make it on the Nice list! Ho! Ho! Ho! Imagine a World Where we all treated everybody nicely & it can start with YOU & !! Love Karen xxx

Mojo Tip: Barack Obama: 2 Life Rules: Be Nice & Useful



Barack Obama, former 44th US President, & now Leader of Obama Foundation.

The 12th step on your magnificent Mojo Mindset for 2019 is to be nice to All. People with Mojo build ALL people up. They lead others with empathy & niceness. Even if faced with opposition they choose to act as *'the person they want to be'* (not *'the way they feel in a given moment'*). My perfect Role Model is Barack Obama (previous US President, & now leading the Obama Foundation, providing leadership training and mentoring to promising young people). Obama uses nice as one of his core foundations in his teachings, stating "The 2 key factors - whether raising a family, or leading a company or group of people, is to be nice and back it up with being useful. When you and kind & useful, no matter what field you are in, people will appreciate working with you and being with you, and you'll feel good about yourself," he said. Whomever we encounter in our lives, if we choose to behave 'nicely' to others, the benefits are proven to be twofold. Research shows that when we do things for others, we do get repaid.

Not just through reciprocation, but as a result of the psychological benefits acts of benevolence produce in the giver. In one study researchers asked people to either perform acts of kindness for other people for four weeks, such as allowing a stranger to share their umbrella in the rain, or to perform kind acts for themselves for four weeks, such as going shopping and buying themselves a little gift. At the start and end of the study the researchers measured the participants' level of psychological flourishing, made up of emotional, psychological, and social well-being. *By the end of the study the people who had performed kind acts for others had higher levels of psychological flourishing compared to those who acted kindly towards themselves.* Benevolent acts also led to higher levels of positive emotions. In short, demonstrating altruism not only benefits others, but makes us feel better ourselves. In another recent study employees at company in Spain were asked to either perform acts of kindness for colleagues, or asked to simply count the number of kind acts they received from coworkers. *It turned out that the people who received acts of kindness became happier, demonstrating the value of benevolence for the receiver, however those who delivered the acts of kindness not only showed a similar trend towards increased happiness, but also had an increase in life satisfaction and job satisfaction, and a decrease in depression. The givers benefited even more than the receivers did! Not only that, but the effects of altruism were contagious. The beneficiaries of the acts of kindness ended up spontaneously paying it forward and doing extra nice things for other colleagues. When we give kindness to one, we spread kindness to many.* Performing acts of charity, altruism, and benevolence has been advocated for by the world's wisdom traditions for millennia. And although we likely benefit more when our motivations for kindness are other-oriented as opposed to self-oriented, it remains the case that when we give, we receive. Being nice costs nothing but changes lives. Be nice to All and live happily, especially at Christmas time. Love Karen xxx

Life Coach Tool: 5 Tips: How Doing Good Does You Good



Do Good and Good Will Come To You.

Evidence shows that being nice and being useful towards others has a positive effect on your own mental health and well being. Overall, doing good does you good! Here's 5 Reasons below:

Tip 1: Helping others feels good.

There is some evidence to suggest that when you help others, it can promote physiological changes in the brain linked with happiness. Helping others can also improve

our support networks and encourage us to be more active. This in turn can improve our self esteem.

Tip 2: It creates a sense of belonging and reduces isolation.

Volunteering and helping others can also help us feel a sense of belonging, making new friends and connect with our community. Face to face activities such as volunteering can help reduce loneliness and isolation.

Tip 3. It helps keep things in perspective.

Many people don't realise the impact that a different perspective can have on their outlook on life. Helping others, especially those who are less fortunate than yourself, can help to put things into perspective and make you feel more positive. There is some evidence that being aware of your own acts of kindness, as well as the things you are grateful for, can increase feelings of happiness, optimism and satisfaction. Doing good may help you to have a more positive outlook about your own circumstances.

Tip 4. It helps make the world a happier place - it's contagious!

Acts of kindness have the potential to make the world a happier place. An act of kindness can improve feelings of confidence, being in control, happiness and optimism. It may also encourage others to repeat the good deed they've experienced themselves - contributing to a more positive community.

Tip 5: The more you do for others, the more you do for yourself.

The benefits of helping others can last long after the act itself, both for you and them.

There truly are health benefits in altruism. Evidence shows that helping others can have a positive effect on your own mental health and well being. This is all the more reason to go out into the world and just be nice and useful to others. The benefits are twofold. However, before one starts, I remind you something Mum taught me - be nice to yourself first! I truly believe that starts with being in a space of caring for the self, and sharing from that space. Being Nice to all starts with Being Nice to You! Love Karen xxx

Be Inspired Article: 10 Questions with Clare Walker!



Who is the real Clare?

Some random facts about me. I am the daughter of a farmer and a teacher. I captained a women's football team before the AFLW was formed. My husband is Indian, and we were married in New Delhi (yes, I wore the full Indian wedding attire) - the Dalai Lama was staying on the same floor in the same hotel the night we were married! I love learning and have three undergraduate degrees - Secondary Teaching, Human Movement and Arts (Psychology) and recently completed a Master of Business Administration (MBA) at Melbourne Business School and was honoured to receive a commendation from my Marketing Strategy professor. But mostly, I am just a Mum doing the best I can with what I have got to ensure that my family are happy and healthy.

Which five words best describe you?

Compassionate. Organised. Intuitive. Hardworking. Philosophical.

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

I worked in a privately-owned supermarket in my small country town from the age of 14. Now I am the Business Development Manager for Fernwood Fitness.

What's your proudest achievement?

My four children who are now 13, 11, 9 & 9 - raising 4 kids, who when the youngest were born were all under 3.5 years old was a huge achievement! Those early days were tough.

What's been your best decision?

I don't really look at things as in best, worst or otherwise - life is a journey, and we make the best decision with the knowledge we have in any particular moment. These could be small decisions, for example, should I have chocolate or watermelon for dessert. Or, large decisions, for example, should I get married and move to India at the age of 23.

Who inspires you?

People who are grounded and are pursuing their dreams despite the challenges.

What are you passionate about?

I feel very strongly about intolerance - I like to try and look at situations from all points of view and it frustrates me when others don't/can't.

What's the best lesson you've learnt?

The best lesson I have learnt in my life is to not worry about other people's perceptions of who you are - I can't control other people, I can only control my response.

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

My father passed away when I was 17, I would love to meet him again now, 22 years later and have a chat.

What dream do you still want to fulfil?

I would love to have my own business in the future.

What are you reading?

After 10 years of university readings and case studies I am reading a regency romance novel series, 'Mornington Park', written by my good friend Kaye E Chaloner.

Daily Hint: Daily Reminder Be Nice to You & All Others Each Day:

Thank you! Your Daily Hint this month is simply to start each day with the intention of being nice to you, and then reflecting that out into each encounter daily. This will become hardwired after 21 days and so by the end of the month, it will remain with you as a habit. Being nice will have positive consequences for you, on your mind, body and spirit

and has powerful effects on those whom you encounter! Change yourself and change your world for the better!

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 Clare Walker. Clare is a superwoman but not only that, I admire her compassionate, kind nature and her commitment to practising tolerance and unity in our world. Clare's life example is one that I truly respect, admire, and wish to shine a light on. In a world where being 'nice' has become rarer, how wonderful it is to find a 'nice superwoman' as a role model. Love Karen xxx

"Be nice to people... maybe it'll be unappreciated, unreciprocated, or ignored, but spread the love anyway. We rise by lifting others."

-Germany Kent-

Yours sincerely,

karen vella

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Merry Christmas from Karen at YTO Life Coaching



love karen@yto.com.au

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

Offer Expires: 31 December 2019

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