

You're The One Newsletter

2020! I WISH YOU JOY! Issue 15 Vol 1 January 2020

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What's New With Karen

Welcome to January 2020! I want to take this opportunity to wish YOU the Happiest New Year. As we enter both a New Year & a New Decade, I am excited by this amazing set of circumstances we all get to wipe our slates clean & start with our fresh white canvas, to create our happiest year (& decade ever)! My theme for this Newsletter and indeed my own year is 'To Make Joy My Constant Companion' (*'When you are fundamentally joyous, when you do not have to do anything to be happy, every dimension of your life changes. From the way you perceive the world to the way you express yourself, the context of life changes. You will no longer have vested interests, because whether you do something or not, whether you get something or not, whether something happens or not, you will be joyous by your own nature. Your actions will rise to a completely different level.'* - Sadhguru). That is the recipe I love for the Best & Happiest 2020. Whatever you wish for yourself for 2020, I want to tell you that I believe in you, and your potential, and I can't wait to share our experiences during the course of this year. Celebrate! Enjoy! Be Joyful in 2020! Love Karen XXX

Mojo Tip: Dame Olivia Newton-John: 2 Sisters: Joy & Charity!



71yo Singer, Actress, Entrepreneur, Philanthropist, Humanitarian & Newly Named 'Dame' Olivia Newton-John (Damehood for Services to Charity, Cancer Research & Entertainment). 1978 Photo.

The 1st step on your magnificent Mojo Mindset for 2020 is to be a good citizen & give back to others. People with Mojo are dedicated to others, and work for causes which bring about positive social change. My perfect role model is newly announced 'Dame' Olivia Newton-John. The 71 year young, Actress, Singer, Entrepreneur, Humanitarian & Philanthropist, has been recently named on the UK 2020 Honors List for 'Damehood for Services to Charity, Cancer Research & Entertainment.' Newton-John expressed her gratitude stating, 'As a girl born in Cambridge, I am very proud of my British ancestry and so appreciative to be recognised in this way by the United Kingdom.' Newton-John has

been a long-time activist for environmental and animal rights issues. She has been an advocate for health awareness, becoming involved with various charities, health products, and fundraising efforts. Her business interests have included launching several product lines for Koala Blue and co-owning the Gaia Retreat & Spa in Australia. In 1992 Newton-John was diagnosed with breast cancer, the same weekend her father died. Upon recovery, Newton-John became an advocate for breast cancer research and other health issues. I believe that the tireless work Olivia Newton John has done over the many years in the entertainment industry, and especially her amazing work of raising funds for the 2008 building of the Olivia Newton John Cancer & Wellness Centre in Melbourne (devoted to Cancer Research) is an amazing legacy to others. During that year she led a 3-week, 228 km walk along the Great Wall of China, joined by various celebrities and cancer survivors throughout her trek. The walk symbolised the steps cancer patients must take on their road to recovery. In May 2017 it was announced that Newton-John's breast cancer had returned and metastasised to her lower back. Newton-John subsequently revealed this was actually her third bout with cancer and she had privately battled the disease in 2013. In 2017 it was also reported that the cancer had progressed to stage 4 and spread to her bones. Newton-John has openly talked about using cannabis oil to ease her cancer pain and has become an advocate for medical cannabis. Her daughter, Chloe, also owns a cannabis farm in Oregon. What a amazing woman and role model for us all. During her life so far, what has been truly remarkable has been Newton-John's own life battles & health concerns which have never stopped her lifelong dedication to causes and charities. She is a deserving and outstanding role model for us all that a life truly well-lived is one where we are devoted to causes of others above our own concerns. May we also take a leaf out of Olivia's book of always being such a joyous person, despite her own private battles. She certainly is someone who has made joy her constant companion, despite the sometimes extreme ups and downs life has dealt her so far. May we all be inspired by 'Livi to give back to our communities in building a better world, and being joyous citizens in the process. Love Karen
XXX Congratulations on your 'Damehood' & wishing you every success, health & happiness Olivia.

Life Coach Tool: 6 Steps: Amplify Your Happiness 2020!



Visualise Stepping Into Your New Happy Life

Recent scientific research shows that happiness levels are not fixed. To increase your happiness levels takes a small amount of regular effort over a few days, following simple instructions and using some powerful psychological techniques. One of my favourite Hypnosis Experts and Author of 'I Can Make you Happy' Paul McKenna, uses this process to help people increase their happiness. It is a great one to do before the New Year, so you can imagine how you want to feel at the end of the Year (start with the end in

mind). In this exercise you can use happy memories, or you can Imagine happy times. If you want, you can use a mixture of real times and imagined times. It doesn't matter if the situations are real or imaginary, the key is the follow the steps of the exercise so that whatever you are seeing or imagining amplifies your feelings of joy and resourcefulness.

Stepping Into the New Exercise:

Step 1: Remember or Imagine a Situation in Which you Feel Really Happy.

Imagine looking around and seeing everything bright, clear and colourful. Make sure all the voices you hear sound warm and friendly.

Step 2: Now Make Sure You are Inside the Scene.

Seeing things from your own point of view, hearing as though it is all here around you and feeling all the good feelings.

Step 3: Now Keeping All These Good Feelings in This Situation Imagine Another Situation in the Future Where You are Going to Feel Even Better, Even Happier, Even More Fulfilled.

See that situation as if it is a movie in front of you and make sure you see it bright and clear and colourful. Notice how you look in that future scenario - see the confidence and warmth and happiness in your movements and posture, and the ease and kindness in your face.

Step 4. Now Imagine Stepping From the First Scene Into Yourself.

Into that even happier future and feel how good you feel.

Step 5: Let this Feeling Soak Right Into You.

So that you feel it from the centre of your body to your skin, from the tip of your toes to the top of your head.

Step 6: Let the Imagery Fade Now But Keep This Feeling with You.

And keep remembering it all day long.

Dr Paul McKenna, has spent the past 25 years studying and developing ways to make people happier and has created a system that has in immediate, extraordinary and measurable effect upon people's happiness levels. Take Control of your life and increase your happiness today! Wishing you the Happiest 2020!

Be Inspired Article:10 Questions with Tony Albers!



Who is the real Tony?

Hi. My name is Tony Albers. I'm a Melbourne-based Artist, in a wonderful relationship with my partner of 21-years & have 3 beautiful children. I've been around the world twice before turning 21. I have experienced wealth & hardship in both financial and personal

situations, but I have always maintained stability as a person, and stayed true to myself. I wouldn't change a thing.

Which five words best describe you?

Creative. Self-Motivated. Understanding. Kind. Loving.

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

Apprentice Sign-Writer (traditional with brush). Since then I've returned to University and completed my BA with Hons(Design) and am still working in the creative industry today. I have also moved into the Fine Arts creating Abstract works on paper along with Glass Blowing.

What's your proudest achievement?

Being a Father to my 3 beautiful daughters.

What's been your best decision?

Staying true to my creative self.

Who inspires you?

Artists and people who push the boundaries of creative thinking, (and don't fall victim to transient trends). I admire Swiss Sculptor, Alberto Giacometti & his theory on Existentialism (being aware of the space around you and being responsible for your actions in the space you accommodate).

What are you passionate about?

Art, family, friends & cooking feasts.

What's the best lesson you've learnt?

Embrace experiences. Be grateful. Never judge others or their situation.

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

Mick Jagger.

What dream do you still want to fulfil?

Being recognised as an Artist.

What are you reading?

Nothing at the moment. I'm very visual. There is so much to be taken in from the visual experience & cues around us to learn from.

Daily Hint: Daily Reminder Amplify Your Happiness Daily

Thank you! Your Daily Hint this month is to begin your day with the decision to amplify your Joy. Decide no matter what outside circumstances exist today, your commitment is to joy and manifesting that always (refuse any sort of misery). Start your day with the Amplifying your Happiness Exercise above and visualise all the happy situations, feelings, and carry with you each day. Remind yourself that you accept responsibility for your own Joy no matter what! Be Joyous, and create the best you possible, and imagine the ripple effect this will have in your world. Be a Happy Little Vegemite! LOL!

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 Tony Albers. Tony is a fantastic role model for us all for our fresh start in 2020. I have always admired Tony's respect for people overall, and especially his respect for women (reflected in his relationships with his beautiful partner & 3 daughters). He demonstrates such positive inspiration of joy in being a 'nice guy' who is always lovely to be around in this world. He really is a person who makes the world a better place with his peaceful, non-judgemental, grateful artistic spirit. Be introduced to Tony - the man and Artist! Love Karen. xxx

*"Joy is a Natural Phenomenon. Misery is Your Own Creation."
-Sadhguru-*

Yours sincerely,

karen vella

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Happy New Year 2020 from Karen at YTO Life Coaching



HAPPY NEW YEAR

love

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

Offer Expires: 31 January 2020

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