

You're The One Newsletter

YOU ARE SIMPLY *THE BEST!* Issue 15 Vol 2 February 2020

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Karen Recommends



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What's New With Karen

Welcome to February 2020! A time, with the ending of the holiday season, children returning to school, most back at work, when we resume the regularity of our daily schedules. Over recent weeks I've been so uplifted by the true Aussie Spirit when it's on display - personified by people being the best version of themselves. With the recent bush-fire & drought threat across parts of Australia, a special mention goes to the volunteers & emergency service personnel, who risked their own lives in fighting & saving the lives, homes, livestock & livelihood, of their fellow man. Also, to those who donated so generously to the various causes and charities. Despite the odd reports of looting, the overall theme was that this crisis brought out some of the best behaviour in our fellow Australians. It was also enlightening to see economics off the front pages of our News Bulletins and humanity take up its rightful position front, back and centre stage again. As our Australia Day Holiday has just been celebrated on January 26 (coincidentally my birthday), it's time to stand united & be proud all the best aspects of being an Australian when we embrace the attitude of being our best selves and bringing that person to the forefront at all times! Embrace your Authenticity! Be You! Be Simply the Best! Love Karen XXX

Mojo Tip: Ash Barty: Be Authentic & Be Your Best!



23yo, proud Indigenous Australian, Ashleigh 'Ash' Barty, World No 1 Women's Tennis Player & Winner of 2020 Australia Day 'Young Australian of the Year', being interviewed by Jim Courier at Australian Open Tennis Jan 2020.

The 2nd step on your motivational Mojo Mindset for 2020 is to be the very best example of YOU!! People with Mojo step forward leading by example by displaying their very best in all aspects of their lives. With the Australian Open Tennis now taking place in Melbourne in January & February, my perfect example & role Model, is 23 yo, Ash Barty, the world's no 1 tennis player. Ash has just taken out the Award of 'Young Australian of the Year 2020' in the Australia Day Honors announced on January 26. She has inspired legions of fans through her actions both on and off court. Born in Ipswich in QLD, Ash is the first Australian woman since Evonne Gallogong Cawley to hold tennis's world number one ranking. As an adult, Barty has won six singles titles on the Women's Tennis Association (WTA) Tour, including one grand slam singles title

at the 2019 French Open. She also sits in the top 20 of doubles players and was a doubles runner up for the Australian Open at the age of just 16. But, Danielle Roche (National Australia Day Council Chair) stated it was Barty's down-to-earth attitude that earned her the 2020 Young Australian of the Year Award. Roche stated '*Ash Barty is the world's number one tennis player, a champion athlete and an extraordinary young woman doing our nation proud. Her achievements are inspiring young Australians to follow their dreams.*' Barty did not accept her award in person, instead appearing via video link from Melbourne, where she is in the running for the Australian Open title. 2002 Australian of the Year and fellow tennis pro Pat Rafter presented Barty with the award, who said she was '*very humbled. I think for me, my whole life, all of my team, everyone I work with, it's about being your authentic self. Just trying to do the best you can, regardless of what you do - in sport, in life, in anything. This is incredibly humbling, and I know that it's going to be something that sits very, very high on my mantelpiece at home.*' Ash is truly doing our nation proud and a glowing example of how having an attitude of authenticity & simply doing the best you can can lead to life success. Isn't it time, you and I stood up, and felt proud to be an Australian! Now is the perfect time to decide to bring the best version of ourselves to all areas of our lives - in our relationships with all people we come into contact with - whether that be in our professional or personal lives. It is time to celebrate you - and being the most authentic best version of you there is! All that is needed is to bring the best version of you to the Net (*pardon the pun*) & do and be your best! Love Karen xxx

Life Coach Tool: 10 Habits: Become Your Authentic Self!



The Most Important Relationship in Your Life Is With Yourself

To be your authentic self requires honesty, vulnerability, and courage - and it's also incredibly rewarding. What does it mean to be an authentic person? And how do you find your true self? Here are some tips for how to discover yourself. (*Note: The following excerpt is directly taken from the wisdom of the Power-of-Positivity Website*):

Exercise: How Do You Connect with Your Authentic Self? Here are Ten Habits to Develop

Tip 1: Write It Down

Jot down what you appreciate and love about yourself, along with what you may need to improve on. Write the names of people you want to spend your time with, and what you're joyful and passionate about. Breathe this information in, meditate on it, and resolve to be this person. This is the authentic you.

Tip 2: Learn How to Feel Comfortable In Your Own Skin

Once you understand and accept your real self, get comfortable with it. Allow self-critical thoughts to naturally dissipate. Forget about comparing yourself to others, including what they may think.

Tip 3: Let Go

Release any guilt or self-limiting thoughts. The past is the past - it's over, done. Be in the moment, present, and at peace with your identity. This process may be gradual, and that's okay. Breathe, be patient, and your real self will eventually surface.

Tip 4: Ignore the Cynics

As you begin to make positive changes in your life, people will start to take notice. Most will look at you with admiration and respect - a few may not. Should you become aware of this cynicism, be mindful, and their pessimism, along with any discomfort you may feel, will inevitably disappear.

Tip 5: Keep a Journal

Write down times and places when you felt your authenticity begin to wane - the actions and behaviours (yours and theirs), the situation, your observations, and the outcome. Keep this journal up to date - it will provide valuable insight into certain patterns of thoughts and behaviour you may wish to change.

Tip 6: Pay Attention to Everyone

It's too easy to become lazy and overlook other people - don't make this mistake. Many people have a valuable lesson to teach if we'd only let them. Don't underestimate the power of observation. Some of the best lessons may come without a word being uttered.

Tip 7: Practice Active Listening

Giving your full attention to someone else is a remarkably powerful skill. Active listening is a sign of respect and of your true interest in others, which is a gift in itself. However, it also provides: a stronger bond and level of trust with others, and a fantastic opportunity to learn and grow from their knowledge and experiences.

Tip 8: Be Kind

Being your authentic self and living up to your ideals means demonstrating kindness to everyone. Say hello, ask them how they're doing, and make good eye contact while displaying a genuine smile.

Tip 9: Accept Change

In order to be authentic, it also means being comfortable with change. Regardless of the circumstances, remain true to your inner core. Be open to self-improvement as well, as there is nothing more authentic than changing for the better.

Tip 10: Align Your Heart & Path

You have one precious life to live. Spend it following your passions and your heart. Remember, the only expectations that truly matter are the ones that you set forth. Follow your real expectations by allowing you heart and life's journey to walk step-in-step.

Now that you have a better idea of how to discover yourself, all that is left is to work on it and, most importantly of all, be authentic. Once you have figured out how to do this, and started living it, you may be surprised at how much your life and your relationships improve. There's a unique and unmistakable power in knowing, becoming, and being your real self. Those who are truly happy in life understand this power and vehemently stick to their authentic selves. To be authentic is not to allow a situation or person to change you, unless for the better. Personal authenticity is firmly in place, regardless of who is in your company. Sure, your style of communication and how you present yourself (e.g. formal or informal

speech) may change, but not your actual core. Enjoy being the most authentic and best version of you and life is bound to be even happier! Simply the best version of you!

Be Inspired Article: 10 Questions with Ashleigh Casley!



Who is the real Ash?

I am a 26-year-old who has just moved to Albert Park, Melbourne from Country Victoria. I have a partner Adrian who is a Pilot and we have a beautiful 6 year old German Shepard, Bear. He is the light of our lives! I was raised in country Victoria in a single parent home and I had the best childhood. I was so lucky to have a figure to show me we can do it all, on our own! I love the country and would happily be back there in a heartbeat. I am currently employed at Fernwood Ascot Vale as the Club Manager and I cannot wait to see what my future holds - big plans!

Which five words best describe you?

Organised. Driven. Perfectionist. Hardworking. Understanding.

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

I was a lifeguard as a teenager and into my early adulthood and have since been a Personal Trainer and Club Manager of Fernwood Fitness Clubs

What's your proudest achievement?

Being nominated for awards at our Fernwood national conference including Club Manager of the year. I am proud of being so independent and continuing to grow on a professional and personal level.

What's been your best decision?

I'd like to think all my decisions have brought me to today, however with that being said I think to stop letting excuses get the better of you is always a great one.

Who inspires you?

I'm so fortunate to be surrounded by inspiring women everyday. But I am inspired by my partner Adrian and people who are genuinely working hard to be their best selves.

What are you passionate about?

I am passionate about health and fitness, but also everyone doing their best despite their circumstances.

What's the best lesson you've learnt?

I have had a big few years of lessons. But I think a big one for me has been I cannot always control every situation.

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

I had a good friend pass away from unfortunate circumstances years ago now. I would love to chat to him and have some unanswered questions answered.

What dream do you still want to fulfil?

Lots! Business, family, travel. I have plenty of time.

What are you reading?

I would love to say I am a reader, but I am much more of a podcast lover!

Daily Hint: Daily Reminder Build Your Authenticity Muscle Daily

Thank you! Your Daily Hint this month is to focus on building your authenticity habits each day so by the end of the month they are truly hardwired. The best way is to follow the 10 Habits listed above and also to start your day with a clean slate upon which your foundation will be your true authenticity. As you allow yourself to become the happiest, best version of the authentic YOU, you too will attract others to you, and will give them permission to be their authentic selves too! Be Authentic & Be Your Best! What a Transformation is in Store!

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 Ashleigh Casley, an inspirational young woman. I believe Ash is such a brilliant role model of a person who not only lives and breathes by being her best self, but inspires others to do the same. She is authentic. She puts her best foot forward so she is one young woman to truly take notice of as we all can learn from her life journey until now and beyond! Thanks Ash, you are an outstanding role model. Love Karen. xxx

'Authenticity starts in the heart'

Brian D'Angelo

Yours sincerely,

karen vella

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YOU are simply THE BEST!

Here's your Award of Recognition from Karen at YTO Life Coaching



love

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

Offer Expires: 29 February 2020

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