

You're The One Newsletter

BE THANKFUL & LIVE TO 100! Issue 15 Vol 3 March 2020

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What's New With Karen

Welcome to March 2020! In a world where there is much turbulence, it is helpful to know, that there is a quick tool which will immediately reset our thinking out of any uncertainty onto a higher altitude. This is done by simply being thankful. I have been pondering of recent times, how powerful and trans-formative it is to simply shift our mindset (in the blink of an eye) by reminding ourselves we have so much to be thankful for. It is reassuring to know too, that if we do find ourselves starting to become overwhelmed, we just need to remind ourselves to 1) slow down 2) draw a deep breath 3) breathe out (audibly with a sigh if you like) and then look up, smile, and be thankful. We truly are blessed in our country and each day alive is a new day to be thankful! This month I shine a light on an inspirational 100 year old role model whose advice for any of us under 100 is simply to be thankful! Love Karen XXX *(PS Happiest Birthday Wishes to my Mum for 77 years young on 1 March & Dad for 79 years young on 2 March - love you both lots!)*

Mojo Tip: Kathleen Golder: 100 Year Old Secrets to a Long Happy Life - Wine, Gardening & Thankfulness!



British Born, Kathleen Golder, Celebrates her 100th Birthday in Hobart, & shares her secrets to a long and happy life, wine, gardening and thankfulness.

The 3rd step on your momentous Mojo Mindset for 2020 is to be thankful!! People with Mojo journey through life with a smile on their face and hope for the future! Often having overcome difficult circumstances, and hardships, they still manage to live life with an incredibly unbreakable attitude of thankfulness. My perfect role model this month who demonstrates this resilient and happy mindset is the 100-year-old Hobart, lady, Kathleen Golder, whom I recently saw on an ABC program *(please read transcript following taken directly from interview of Kathleen in the media)*. Mrs Golder has survived the Great Depression, World War II, the upheaval of moving from England to Australia, the birth of 10 children and the loss of the love of her life. And she still comes up smiling! Kathleen says her secret to a long life is simple: *"It's character...how you approach life, how you think of life. Don't go through life grumbling; go through life with a smile and a hope for the future."* She said a daily drink (or two also helps). "I

love my food and I love my wine! A couple of glasses is the most I'd have. It's worth living for," she laughed. Kathleen, spends most of her days outdoors attending to the daily demands of her garden, a hobby which she has been doing alone since her husband, Peter, died about ten years ago. It is a garden that feeds the life-long vegetarian. "My grandfather was a gardener. He was a gardener for Lord Tollemache at Peckforton Castle gardens in Cheshire and he grew everything you could possibly think of." Mrs Golder has lost count of how many grandchildren and great-grandchildren she has - and while her 100th birthday celebrations are in full swing, in her mind she is still only about 60, or 70 on a bad day. "My body has lived a long life but not in my mind. I don't seem to be growing old. I don't want to grow old. I can't grow old." she said. As a young mum, Kathleen spent five years pounding the beat as a policewoman during the war while her husband was a prisoner in Poland. Mrs Golder said the darkness of war took away so much of the colour of life at the time. Kathleen was 30 when she emigrated from England to Australia with her husband and five children. She went on to have another five. "We came out here. It's a good country, it's the best thing we did, not only for me, not so much for me it's my children and grandchildren and even now my great grandchildren." And her advice for those under 100? "For God's sake, be thankful for what there is. Be thankful!" She advised travelling to "see what it's like" elsewhere but added "we've got everything here." "I know we've got the climate problem and we're going to have to do something about it, but in the meantime, still plant." I hope this beautiful story of Kathleen's life inspires you to reset your own thinking to one of thankfulness. May I leave you to ponder what she says about how to go through life "with a smile and a hope for the future." Smile! Live with Hope! Be Truly Thankful and you, too, could be living till 100! And if you like a little tippie and some healthy vegetarian food add this to the equation and you too, could be receiving your letter from the Queen on your 100th Birthday! Congratulations to the Wonderful Kathleen! Love Karen XXX

Life Coach Tool: 5 Tips: Making Thankfulness a Part of Your Daily Life!



Give Thanks.

(Please read the following inspirational article from Henrik Edberg, of The Positivity Blog, on the power of Thankfulness below)

I thought it would be a good time to share a handful of my favourite tips for making thankfulness a daily part of life. Because being thankful for what you have is one of the simplest and easiest ways to lift your mood, to give your motivation a jolt, and to live a happier life - no matter who you are or where you live in the world.

Exercise: 5 Essential Tips for The Power of Thankfulness

Tip 1: Pause & Look Around Yourself

A simple first step to being more thankful is to pause during your day and ask yourself these two questions:

- *What are 3 things I can be thankful for in my life today?*
- *Who are 3 people I can be thankful to have in my life and why?*

If you don't come up with 3 people and 3 things each day then that is OK. One thing or person is great too. But if you can, try to not repeat yourself too often. Instead, think of more people and things to be grateful for to, day by day, expand your thankful view of your world.

Tip 2: Express Your Thankfulness

Don't stop at just coming up with people for whom you are grateful to have in your life.

- *Take a few seconds to tell them about it.*

This will make their lives happier. And as their faces light up with a smile, & you'll feel happier too. Now, that gratitude could just be a small sentence. But it can have a big impact on someone's day, week or even life. So be sure to make the small effort to express it.

Tip 3: Look Towards Yourself Too

It is not only things that are important. Or other people. You are important and valuable too. So, appreciate that.

Ask yourself: What are 3 things I can be thankful for about myself?

- *It could be that you were a good sister during a crisis last week.*
- *It could be that you finally got done with that boring or difficult task you had been procrastinating on.*

Your self-gratitude does not have to be all about achievements.

- *You can simply be thankful for your good sense of humour*

or

- *The help you give your friends and family by being a good listener from time to time.*

And the thankfulness doesn't have to be about big things either.

- *It could simply be about the fact that you floss for a couple of minutes in the morning.*

Tip 4: Be Thankful For the Things You May Take For Granted

The things we get very used to having can become things we take for granted. But they are not things everyone in the world has access to.

A few such things that I like to reflect upon and feel very thankful for having are:

- *A roof over my head and a warm home.*
- *Plenty of drinkable water.*
- *That I don't have to go hungry.*

- *Being able to enjoy the small and free pleasures of life.*
- *Access to the internet so that I can learn and connect with people.*

Tip 5: Start or End Your Day With Thankfulness

To make thankfulness into a habit that sticks find a regular time for it in your day.

For example:

- *you can start your day in a good way by finding 3 things to be grateful for about yourself over breakfast.*

or

- *you can take a few minutes in the evening, just before going to bed, to use a journal to write down 3 things you are grateful for about your day.*

It is amazing how by switching into instant 'thankfulness' mode our happiness can be increased! It will motivate, boost and jolt our mood out of any flat-lining state into a elevated one! If we all embrace more thankfulness as a daily ritual, we will find that our lives (not to mention the effect we will have on others) can be so much more uplifting! Just with a small commitment of your time to introduce even one of the tips above into your daily routine will be an amazing start. Watch what a positive impact it truly has on your life. So, in the spirit of being thankful, I say a big thank you to you, & wish you every happiness with your new habit of thankfulness! Thank you just has to be one of the most important words we can say!

Be Inspired Article: 10 Questions with Nic Richardson!



Who is the real Nic?

Hello, I am a positive, motivated family man who believes in the value of doing things well and doing them with good humour, no matter how challenging life might seem. After dabbling in a Uni degree post school, doing a multitude of weird jobs and working in Television in London, I somehow managed to end up back in Melbourne with my beautiful wife Ewa, our gorgeous children Holly and Tomas and a wonderful dog named Harley. I fly gliders as a hobby, love camping and act far too silly perhaps too often for a grown man!!

Which five words best describe you?

Optimistic. Friendly. Committed. Passionate. Introverted (it's related to where I get my energy from thing rather than a shy thing!)

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

Menswear section at Target at 16...mmmm what a path...Labourer, High Water and Sand Pressure Cleaner, Firewood Chopper; Dishwasher; Courier Driver; Call Centre Operator, Doctor Driver, TV Sound Person; TV Cameraman and Editor; Manager; CEO; General Manager.

What's your proudest achievement?

My beautiful family in a collective sense. Personally, my MBA with Distinction and most recently achieving my 500Km distance badge in flying gliders - (six and a half hours in the air!).

What's been your best decision?

Deciding to quit my Arts/Law Degree to follow my passion in Photography. Resulted in a posting to London with Channel 9 where I then met my wife.

Who inspires you?

Anyone who remains positive facing adversity- close to my world recently, Andrew C and Karen V.

What are you passionate about?

My family. Remaining positive. Flying gliders.

What's the best lesson you've learnt?

Follow what you love. Follow your instincts.

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

Gee this is a tough choice...perhaps Neil Armstrong.

What dream do you still want to fulfil?

Living in the country.

What are you reading?

No so much reading but listening through Audible- James Clavell's Shogun.

Daily Hint: Daily Reminder Build Thankfulness Daily

Thank you! Your Daily Hint this month is to find at least one way to build thankfulness into your daily life by choosing at least one above from the 5 Essential Tools. Soon, you will be smiling, upbeat, uplifted, and being in a state of thankfulness within the click of your fingers. You can even use clicking your fingers as an anchor for thankfulness, each time you need to remind yourself to lift up your spirits! You are now on the way to being just like Kathleen above - who knows you may even find you live to 100 with this amazing attitude of smiling and counting your blessings!

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 am so happy to introduce Nicholas Richardson (Nic) whom I've known for now 20years! Nic is such a positive role model. He has a great sense of humour, always managing to turn lemons into lemonade with his optimistic upbeat attitude, and as a leader of many people I only have the very best to say of his character, of which I have witnessed over the past 20years! He truly is a rare soul in this world and my perfect interviewee for this month's newsletter - as Nic

immediately can take a person out of any flatlining mood into a happier state - just by his presence. Thank you Nic for being there for so many of us, we are all truly thankful (and particularly myself). Karen

'I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder.'

G.K. Chesterton

Yours sincerely,

karen vella

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THANK YOU!

*A gesture of heartfelt appreciation TO YOU for being such a valued person in my life
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: 31 March 2020

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