

You're The One Newsletter

A CHAMPION ATTITUDE! Issue 10 Vol 15 October 2023

In This Issue What's New With Karen Mojo Tip

Karen Recommends



COMING SOON TO THIS SPACE!

2023 - Mojo Classes
2023 - Best Year Workshops
2023 - Webinars
2023 - New Products
2023 - 1 on 1 Life Coaching
And more....

Quick Links...

[Our Website](#)
[Products](#)
[Services](#)
[More About Us](#)

What's New With Karen

Welcome to October! Wow! What an amazing way to kick off October with Melbourne shining out in her glorious form. With the AFL Grand Final at the Iconic, MCG yesterday, and a win to Collingwood (well done The Pies) what could be better! It seems all of Melbourne is celebrating with so many visitors & international events, and people in a happier frame of mind. So, with that said, I thought it appropriate to dedicate this Newsletter to all the Champions, both on and off field, in our lives - YOU are simply Inspirational!! So, how does one create a Champion Attitude; one that does not waver due to any outside circumstance! I believe it is about having an **unshakable mind**. I'm currently enraptured in 2 books by Master Ryuho Okawa, a Japanese Buddhist who has devoted his life to the exploration of the Truth and bringing happiness to all around the world. To quote him: *"People with a stable unshakable mind have deep inner peace and at the same time, they possess strength and reliability. The determination to overcome all difficulties, combined with a strong will that is unyielding, are the foundations for developing leadership abilities. The essence of being a leader is never becoming shaken or swayed by minor difficulties and possessing the strength to overcome any problem. The source of this strength is an unshakable mind."* I love this and have been practising this over the past month, in a sense, to not let outside influences, circumstances or people disturb my mindset. Master Ryuho Okawa sums it up this way *'If your belief wavers and you begin to accept the idea that you are at the mercy of destiny, like a leaf floating on the river of fate, you will become completely unstable. This will only lead to pessimistic thoughts, such as the idea that the people and surroundings around you will hurt you or that a tragic future awaits you. Whether you choose to live an unhappy life filled with these sorts of defeatist ideas or choose to lead a positive one, only depends on who you perceive yourself to be'*. So, my invitation to you this month, is to develop a Champion Attitude, a mindset like the Late, Great Sir Ronald Dale Barassi (another Football Legend), who passed away recently at age 87 after complications from a fall. Vale Sir Ron! Remember a champion in life & their legacy will continue to live on forever. Love Karen XXX

**GOD IS SHAKING EVERYTHING THAT CAN BE SHAKEN.
LEAVING ONLY THE THINGS THAT CAN NOT BE SHAKEN.**

"Be Unshakeable."
- Stoicism -

Yours sincerely,

karen vella

yto owner & founder, performance consultant & life coach (cert iv)

yto nlp practitioner (nlp, Time@Line Therapy, Hypnosis, Coaching

M:0419570011 |

E: karen@youretheone.com.au | W:wouretheone.com.au

MOTHER TERESA QUOTE

Love Karen at YTO Life Coaching



Do not wait for leaders.
karen@youretheone.com.au

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

Offer Expires: 31st October 2023

Copyright © You're The One

Disclaimer: The ideas, thoughts, concepts and models (Information) that have been detailed above are those of the person sending you this communication and do not take into consideration your business finances, risk profile, legal and specific needs for your business. You should always seek sound financial and legal advice if you are unsure whether to act upon the Information provided. You agree to assume the entire risk as to your use of this Information. You agree to hold You're The One, its directors, shareholders, employees, agents, representatives and affiliates harmless in any claim or event.

IMPORTANT NOTE: You have received this email because you have subscribed to a past newsletter, readers resources or other communication. If you no longer wish to receive this message, please unsubscribe or change your preferences. (see the links at the bottom of the page). Please don't use the junk mail filter on your mail service as it prevents other subscribers on your USP from receiving their mages - thank you!