

You're The One Newsletter

THE ART OF SELF-CARE! Issue 14 Vol 9 September 2019

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Karen Recommends



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What's New With Karen

Welcome to September 2019! Hooray! Winter is Over! Every year, I 'endure' our cold Melbourne Winters - always happy to leave them behind as the promise of Spring & the warmth of Summer beckon. I thrive better in the sun, and especially more so, now that I am getting older. I simply love the feeling of warmth of the sun's rays on the body. Over the past month, my sub-conscious has been craving something, somewhat undefined. Digging deeper, I reflected what was missing was self-care. Many people, especially women, I speak with feel the same. Often when we are caring for others, we put ourselves last. If we are running on empty, we are no good to ourselves or anyone else in our lives. Self care is not selfish! Self care is in fact essential. This month I explore exactly what self care is (*as opposed to self improvement*) so that we can live with our cup full in all areas of physical, emotional, mental & spiritual health. Remind yourself - You can't pour from an empty cup/Put your own oxygen mask on first/Treat yo' Self. Be Kind to You. Love Karen XXX

Mojo Tip: ELSA PATAKY: HEALTH, HAPPINESS & SELF-CARE



42yo, Spanish Actress, Mother of 3, and Wife of Chris Hemsworth, who lives and breathes self-care, featured in Endota Spa/Vogue Australia 'Beyond Wellness' Feature on Self Care.

The 9th step on your mystical Mojo Mindset for 2019 is to prioritise your Self Care. People with Mojo live from a place of self-kindness (*rather than self-improvement, self-criticism, self-judgement and perfectionism*). They do this on both the inner & outer level of their being. They have made the decision to prioritise what is right for them, for their body, for their soul, over any belief or concept of how they 'should' behave/look. These Mojesque Role Models make choices from a place of self-love rather than from a place of not being enough (*embracing the notion that long-term sustained change stems from kindness, not fear*). My perfect role model this month is Elsa Pataky. Elsa is the 42yo Spanish Actress, Mother of 3 & wife of Chris Hemsworth, who live in the idyllic remoteness of the bohemian Byron Bay Hinterland, away from the 'glamour' of Hollywood. I recently discovered from Endota Spa (in partnership with Vogue Australia), their

'Beyond Beauty & Wellness' booklet, featuring Pataky where she highlights the importance of self care, especially for women. She is such a beautiful role model. She is said to be disarmingly down-to-earth, is more comfortable talking about playdates, sleepovers, healthy snacks, meditation, local farmer's markets and community than famous friends, red carpets & Hollywood. Pataky grew up in the city but was always dreaming of being in the middle of nowhere and near the ocean and nature. Pataky says: 'I feel really lucky. The kids are running around barefoot all the time. I feel like it's easier to fit in here than anywhere. I feel like there's a movement now and women are starting to really take care of themselves. It makes me really happy' she says. For the past few years she has been training herself & doesn't have a plush gym, or celebrity trainer. She does however treat herself to a weekly deep-tissue massage. But apart from that, it's a low-fuss approach. Just Pataky with a yoga mat, a TRX strap and a Swiss ball or a couple of hand weights, training outside with a view of the paddocks behind her. Pataky says the real magic happens in her head when she trains - 'You feel better and happier and you get all the problems out of your mind,' she says. Endota Founder & CEO, Melanie Gleeson, says, 'When women finally put self-care on their to-do lists, it usually ranks below family, work, friends, partners, paying bills and even pets. In many ways, that's a beautiful thing. Women are natural nurturers. We're devoted wives, mothers, daughters, friends, bosses and colleagues. We're the glue that keeps everything on track. Until things come unstuck. And then we start paying attention.' So, to sum up, we all need reminding that we can't take care of others in the way we would like, unless we take care of ourselves. Self-care is in-fact self-kindness! So, my aim this month, is for YOU to really explore how YOU can put a little more self-love on YOUR daily to-do-list. Self-love calls for a strong sense of self-worth. You begin by believing you deserve it. You are beautiful - and you deserve to be nourished (*not punished*)!! Love Karen XXX

Life Coach Tool: 10 Tips: START YOUR SELF CARE DIARY!



Endota Spa - 'Your Self Care' Handbook/Rituals.

The following below is an excerpt from Endota Spa Wellness; 'Your Self Care Handbook'. The workbook has been designed to help YOU reflect on what YOUR life looks like right now, so YOU can see what parts give YOU energy and fill YOU with joy. It will also help YOU identify the parts you can cut back or discard. (Simply start by starting a new self care diary, giving yourself some 'you time' & doing the exercise below. Enjoy the process of discovery):

Tip 1: Things to Keep

Make a list of all the things that give you energy. Circle the top 3 that make you feel happy & energised.

Tip 2: Things to Cut

Make a list of all the things that drain your energy. Circle the ones you feel you could cut back on or discard.

Tip 3: How to Take More Joy Rides

Make a list of all the things you'd like to do daily, weekly, monthly and annually that will bring you joy and refill your proverbial cup. Circle 3 things that you can start doing right now that don't cost any money. Then set, reminders, to help you put your plans into action.

Tip 4: Installing a Daily Self Care Schedule - Part A

Write a breakdown of a typical day for you. Circle any windows in your schedule where you could make room for small acts of self-care.

Tip 5: Installing a Daily Self Care Schedule - Part B

Now write down the breakdown of your ideal day. Include at least 8 hours of sleep and 30-60 mins of exercise. Also build in 60 minutes worth of little acts of self-love (even if you have to do them in 15 minute or smaller increments).

Tip 6: Planning Ahead

Take a look at your monthly schedule. Make a list of your available mornings, afternoons, evenings or whole days, then match them up with some of the activities on your list of 'joy rides'. Try to include some nights you can get to bed early and weekend morning when you can sleep in.

Tip 7: Self Care On A Plate - Part A

Write down your typical day on a plate including snacks and drinks. Circle the processed foods, refined sugars & salty foods you can swap for healthier choices.

Tip 8: Self Care On A Plate - Part B

Now write down your ideal day on a plate. Include fruits & vegetables as well as nourishing fats, lean protein and complex carbs.

Tip 9: A Letter to Your Future Self

What do you want your life to look like in 5, 10, 20 years and beyond? Write it down. Include your thoughts, on the self-care activities you're going to start doing to get you there. There's no time like now to start redesigning your life the way you want it to be. (Start with Dear...and when finished, end with Date/Signature...so you stay committed)!!

Tip 10: Do something Today That Your Future Self Will Thank You For

Do something today that you future self will thank you for!

I will leave you to ponder the words of Endota's founder & CEO, Melanie Gleeson who says: Every Little Act of Self-Love Has a Ripple Effect On The People Around You.' Working through the Workbook above, may you find small things daily that support your physical, mental & emotional health. By habitually doing these things, you will discover that inner health equals outer radiance. Be Kind to You! You are Worth it! Start your Self-Care Diary Now!

Be Inspired Article: 10 Questions with Liz Morgan!



Who is the real Liz?

My name's Liz Morgan. I have lived in Melbourne for all my life. I married my best friend and we have 2 lovely sons. I am 33 and can honestly say I'm the happiest I've ever been in my life. I love gardening, walking, playing tennis and relaxing. Doing nothing is also one of my favourite things to do. I love to travel and experience different cultures and people. My aim is to raise a family that are kind, grateful, give back to the community and help those who are less fortunate and in need of support most. In there past few years I've become a bit of a Greenie and am passionate about minimising waste and recycling. Currently my husband and I are on the pathway to becoming foster parents and hope that we can provide a stable, safe and nurturing environment for kids that are unable to stay with their own family.

Which five words best describe you?

Happy. Hungry. Adventurous. Spontaneous. Funny.

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

I started in sales and thought I was happy, but realised after having children that money wasn't the driving factor to happiness and started in search of a supportive, building relationships & nurturing clients' role.

What's your proudest achievement?

My 2 sons. That, plus I make a mean lasagne!

What's been your best decision?

To study Science at Uni, this was the beginning of meeting lifelong friends.

Who inspires you?

Anyone who isn't afraid to tell it like it is. I love so many female comedians, hilarious and easy to relate too.

What are you passionate about?

Family, Travel and giving back to the community.

What's the best lesson you've learnt?

Be grateful for what you have and help those in need.

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

Ellen, her laugh is infectious!

What dream do you still want to fulfil?

Travelling to a new country every year. I'd like to see the world from top to bottom.

What are you reading?

'A Mother's Mind Cleanse' by Jacqui Lewis. It's about living in the moment & living a fulfilled life as a modern Mum in a thoughtful way.

Daily Hint: Daily Reminder To Start Your Self Care Rituals Now:

Thank you! Your Daily Hint this month is to daily reflect on your Self Care Handbook and plan to do small things daily that fill you with energy, rather than drain you. Find daily things that fill your cup and bring you joy! Things that make you feel alive & happy and feed your flame! Make you and your well being your priority each & every day.

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 thrilled to introduce you to the Lovely Liz Morgan. Liz is one in a million! She is kind, thoughtful, intelligent, caring for those less privileged, and I always refer to her as an 'Earth Mother'. Liz recently has embarked on her own Self-Care journey and she is a beautiful example of how a person when happy, and filling their own cup, can then overflow & give so much to others around them. I personally have been on the receiving end of the love, kindness, and hugs from Liz and she to me is simply an inspiration of a shining light in the world. Her soon to be Foster Parent role will bring much love to a very lucky child and add to her already beautiful family. Thank you Liz for being YOU!

Love Karen xxx

'Every little act of self-love has a ripple effect on the people around you.'

-Endota Founder & CEO, Melanie Gleeson-

Yours sincerely,

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YOU DESERVE THE VERY BEST SELF-CARE

To learn more about the art of self care - including how to take better care of your physical, emotional and spiritual well being - attend a self-care course at an Endota Wellness College in Melbourne. Visit

www.endota.com.au

to find out more and book your place



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

Offer Expires: 30 September 2019

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