

# You're The One Newsletter

OUT-STANDING!!

Issue 5 Vol 10: October 2010

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Dear Karen,

## What's New With Karen

Welcome to October 2010! September was a month where I observed a lot of Awards ceremonies! That got me thinking: What makes a person move beyond good, great, or even excellent to being truly outstanding? The person who comes to mind for me is the American, Tom Ford. I first fell in love with his Sunglasses, then discovered his fragrances, and now was enraptured by his beautiful award winning debut as a Film Director of the film 'A Single Man.'

To research Tom Ford one is confronted by a list of never ending accolades and awards. So what is the magical ingredient that has made Tom Ford into a world-wide admired success story? Tom Ford himself does not believe he owes his success to talent but more to energy, drive, and his unstoppable nature to move forward inch by inch towards his dreams. He is an example of a person doing the small things that make a difference over time - which leads to the rewards. So, this month may we all be inspired to reach higher, lift that illusory veil inch by inch, and discover that we too can be outstanding! Warmest Regards. Karen

## Mojo Tip: Hold Yourself To A Higher Standard!



The tenth tip on your path to your outstanding Mojo mindset is to hold yourself to a standard that's higher than anyone else would hold you to. And here is the fun part - there is actually not a lot of difference at the effort required to be good, great, or outstanding. You see it is more about discipline and seeing yourself from a higher perspective. In the past if you viewed yourself as being average that is most likely the results you would have delivered. However, if you want to be the best - then you need to hold yourself to that standard - and that is what you will become! Over the ages this has been proven by sportspeople, businesspeople,

authors, everyday people - who once realize that they have more talent and ability than they previously gave themselves credit for - then the results speak for themselves. The key is about doing the small things that make all the difference. When you commence this and start surprising yourself with the results and people start to acknowledge you, and ask you how you do it, this will really fire up your Mojo!

" Life is a game of inches...the inches are all around us...and we will fight for that inch...because we know when we add them up...that's going to make the difference"

Al Pacino, Any Given Sunday (the Movie)

(the person who goes the extra inch will get the greatest rewards)

### **Life Coach Tool: Meet Tom Ford - Simply Outstanding!**



Tom Ford is outstanding - he stands out! In fact, I only recently got my first impression of him, when he was being interviewed on the Red Carpet prior to the Academy Awards. He is a man of few words but when he does speak they are words of truth, simplicity, elegance, refinement. Now that I have watched the beautifully subtle, emotional film 'A Single Man' - I am even more impressed with Tom Ford.

#### **So, this month our Life Coaching Tool is really a study into An Outstanding Man - Tom Ford.**

To demonstrate this, I have taken some quotes from his two main Actors from his Film 'A Single Man,' Colin Firth and Juliette Moore about working with Tom Ford. Plus also words directly from the mouth of Tom Ford about what the film is about to demonstrate how outstanding he truly is.

#### **Tom Ford on his Film 'A Single Man'**

"In a movie theatre it should challenge you and it should be something worth saying. This movie is about the isolation we all feel - that the important things are the simple things in life that happen during your day that you shouldn't take for granted - its learning to come to terms with life. For me, George, by the time we have ended the film, he's had an epiphany, he has really understood life, why he's been here, what's meant something to his life..."

"This message is very important - to savour the things in your day - the things you call the small things. We've become such a materialistic society. That is not what life is about. So for me it

was a very positive message and one I feel very strongly about at this moment in my life and I think it is the right message for them."

"The book is very much an interior monologue of the character of George, he goes through a range of emotions in his mind. George at the beginning of his day is deeply depressed, he doesn't see anything, his world is absolutely flat and as he goes through the day he is pulled by the beauty of the world everything is so sharp, he is seeing things in technicolour, he thinks he is looking at things for the last time - he is really looking for the first time in a long time in his life."

#### **Juliette Moore on Tom Ford**

I have pretty high standards. I've worked with a lot of Directors and it is important to me that the Director has a strong idea and is prepared and he was prepared every inch of the way and knew exactly what he wanted. So he was easily able to articulate things. At the same time he was flexible and loving and - ok, go ahead you do what you do - and he made everything incredibly easy.

#### **Colin Firth on Tom Ford**

Being a man with an incredible eye, being a skilled photographer, a man with incredible taste is not an obstacle when you are going to make a film but he didn't make it about that. It is in the service of telling a story that was an extremely intimate one.

\* \* \*

I would also recommend you watch the movie and experience for yourself and marvel at the outstanding shots, the simplicity of the scenes, the beautifully depicted emotions and the story. Welcome to the world of the magnificent, outstanding - Tom Ford...

#### **Be Inspired Article: 10 Questions with Tina Giorgio!**



##### **Who Is The Real Tina?**

My name is Tina Giorgio. I am a mother of two gorgeous kids, I have my own photography business of 17 years. I love to travel, and photograph what i see and how i see it. I love lazy sunday mornings, breakfast in bed. My favorite book : The Prophet by Kahil Gibran. My favorite movie : Edward Scissorhands would most definitely be one of them. My favorite food Greek.

##### **Which five words best describe you?**

Creative. Open-minded. Passionate. Thoughtful. Giving.

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

One of my first jobs was in the photographic industry as an assistant,

very quickly worked my way up to wedding and portrait photographer.

**What's your proudest achievement?**

My two beautiful children.

**What's been your best decision?**

Was to set up a studio and work for myself.

**Who inspires you?**

Most things and most people inspire me, movies, music clips, art, books, food, fashion. Everything can be inspirational.

**What are you passionate about?**

Food. Photography. Travel.

**What's the best lesson you've learnt?**

To be kind to yourself.

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

Lebanese author, poet, philosopher and artist, Kahil Gibran.

**What dream do you still want to fulfil?**

To create a coffee table photography art book of my travels.

**What are you reading?**

EAT,PRAY,LOVE by Elizabeth Gilbert.

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**Daily Hint: Choose to Look For The Outstanding in Everything!**

Thank you! My Hint this month is to find some inspirational movies, books, works of art and really study what makes them outstanding. Choose to look for the outstanding in everything and raise the bar in your own life. I'm glad to hear you loved the Newsletter's new format. I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I am sure my interview with Tina Giorgio, a woman who is an example of a truly outstanding person and photographer, will inspire you with her passion for living at a very high level of appreciation of life. Please take a look at Tina's beautiful photographs at:

[www.tinagiorgio.com.au](http://www.tinagiorgio.com.au).

*Tom Ford Quotations*

*Artists, like yourself, are born with a need to express that's just innate.*

*From the time we're born until we die, we're kept busy with artificial stuff that isn't important.*

*Fun isn't a word I think about so much. I'm a very serious person.*

*However, my first goal as a filmmaker is to have something to say.*

*If my parents had discouraged me, I would have turned out very differently. They raised me in an open-minded, liberal environment.*

*As a fashion designer, I was always aware that I was not an artist, because I was creating something that was made to be sold, marketed, used, and ultimately discarded.*

*What I did as a fashion designer for both Gucci and Yves Saint Laurent was to create a character and then costume that character throughout her life.*

Sincerely,

**Karen Vella**

you're the one owner & founder, performance consultant & life coach (cert iv)  
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## Free Mini Ebook

As a special offer for the month of October, any one who shares my newsletter with friends, family & associates who decide to subscribe to my newsletter on a regular basis, will receive a free mini E-book on "The 5 Keys For Believing In Yourself!" for themselves and also their referral as a gesture of thank you! So please be sure to pass on this newsletter to all your contacts. You never know who may benefit? (Just ask them to mention your name when subscribing to the newsletter thanks). Note: forward email block at end of this newsletter on bottom left hand corner.

**Offer Expires: 31st October 2010**

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