

You're The One Newsletter

MAKE YOURSELF A PRIORITY!

Issue 7 Vol 6: June 2012

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2011 - Webinars
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Dear Karen,

What's New With Karen

Welcome to June!!! Can you believe that in another 30days we are half way through the year! Time is flying and we are living such busy lives. It is no wonder in recent days I'm encountering people who are highly stressed. I came to the conclusion that all these people (including myself) have one thing in common - the failure to prioritize their own self - and instead put other people, issues, and things ahead of themselves. I am sure you know someone like this (or maybe you fit this category) - the mother who is prioritizing her kids over her own happiness, the worker who is putting their stressful job above their health, the married couple who are putting their financial concerns above their relationship, the boss who is putting profit above his own happiness, and it goes on. More than ever, it is time to take stock, and start putting ourselves at the top of our list of priorities otherwise we won't be good for anyone, including ourselves (you see the more we give to ourselves, the better we can care for others!). So this month, I want to inspire you to reprioritize yourself, and get back to caring for yourself spiritually, emotionally, physically, mentally so that you can get your own sense of happiness and Mojo back! Warmest Regards Karen

Mojo Tip: Be A Shining Example of Self Care!



Nicole Kidman personifies 'self care' at the Cannes 66th Film Festival

The sixth step on the path to your mind-blowing Mojo mindset for 2012 is to make your self care a priority in your life right now! People with Mojo know that they need to be fit and healthy in all areas of their life in order to live a dynamic life of their dreams. They know that they demand a lot of themselves, so they need to be in top shape in all areas of their life. They have released any feeling of guilt about taking care of themselves. It's like that old saying "if you don't take care of yourself no one else will." Mojo wo/men focus on self care and take pride in themselves - it is not just about the way they exercise, eat, dress, or look, it is about their attitude to life and to themselves. They put their own selves at the centre of their world and then they gravitate out to others. A great example is Nicole Kidman - a woman who personifies self-care. It is apparent whenever she steps out in the public, she is gracious, smiling, well

mannered, humble and charming. We all know she has weathered some storms in life however I love the dignity and grace that she brings to her life - she shines no matter what! Recently when she stepped out on the red carpet at the 66th Cannes Film Festival, bloggers blogged that she is a "woman that knows how to take care of herself." You can see it in her translucent skin, her sparkling eyes, her glow of peace and happiness within her heart. That to me is an example of a person involved in self-care. I've always found Nicole Kidman to be a great role model for women - no wonder she is a UNICEF spokesperson. Another woman I admire (and have on my Vision Board) is (the late) Grace Kelly, the movie star-turned princess of Monaco. It is no wonder that Nicole Kidman is currently in talks to play Grace Kelly in an upcoming telemovie - both have in common beauty, class and grace - and obviously they put self-care at the top of their lifestyles. So, wherever you are now, I want you to make a promise to yourself to start reprioritizing yourself. This goes for both men and women. I know there are a lot of men out there who need to start doing that very same thing for themselves. So, please, this month, reprioritize YOU just as if you are a MOVIE STAR walking down the RED CARPET at the CANNES FILM FESTIVAL because YOU ARE WORTH IT!! And just watch what miracles start to appear for you!

Life Coach Tool: Start *your own* Self Care Program!



Candles Provide a Wonderful Environment For A Self Care Ritual

Self care is about giving to ourselves and honouring our needs and it is very personal. What may suit one person, may not suit another. So, I think the best way of discovering how to best nurture yourself is to start with a Self Care Journal (or even vision board). Here are some hints below on how to get started!

Start Your Self Care Journal

1. Take a book and place either a photo of yourself that you love, or an ideal photo of someone who represents a person who self cares as a priority on the cover, and paste in other pictures as you go along.
2. Take time each day to write in your self care journal.
3. Make a commitment at the front of the journal that as of this day forward you are important and you are making your self care a priority.
4. Start exploring in your journal. As a start you could get an overall view of where you are now by asking yourself the following questions:
 1. On a scale of 1-10 where are you at with giving to self right now (1-poor/10 excellent)?
 2. How much positive energy are you putting into your self care on a scale of 1-10 ?

3. How much negative energy are you putting into self care (ie any negative patterns you may be engaging in for self care) on a scale of 1-10?
4. What would it take for you to get to a 10 in this area of your life?
5. What does 10 look like, feel like, sound like to you?
6. How big of a junket is it to go from where you are to 10?
7. How committed are you to getting to a 10?
5. Start small and decide on ONE (most important) item that would bring YOU the most peace, relaxation and energy if you did it every single day? What one thing would reduce your stress and bring happiness to your day?
6. Start with a small commitment rather than be disappointed with a large commitment (ie if you are going to meditate 15mins each day, better do that than 1hr and not be able to do so).
7. Stay committed but flexible - self care is about being kind to yourself so if you cannot fit in time for your journal, forgive yourself, and get to it the next day.
8. Decide you are going to spend some "me" time each day and schedule that in your diary.
9. Create a daily ritual that involves caring for self (ie a bath at the end of a day with candles).

Remember, self care is also about learning to say no, evaluating what you are wasting time on each day, asking for help, and being kind to yourself. So use your journal to discover things about YOU that can really take your life to a new level. Overall, this journal will be a self-awareness tool of what self care really means to you. Remember, to plan rewards and treats for yourself along the way. Soon you will be on your way to living just like your mentors, yes, the ones who are living lives of happiness, joy, peace, balance and self care is right at the heart of their lives. Just think - there is nothing stopping you learning from the world's great wo/men of grace and style and stepping into their shoes right now if you so desire!

Be Inspired Article: 10 Questions with Nesan Naidoo!



Who Is The Real Nesan?

I understand that I play different roles as the situation changes, but I am clear that I don't define myself by the label given to me at my birth nor the function I perform. I am a Spiritual Being living through a physical experience. I live with a gratitude attitude for all that I have and truly believe that I am merely a custodian for all that I

possess and that it must be used for the greater good and for the purpose of serving others

Which five words best describe you?

Passionate. Giving. Fun. Loving. Dedicated.

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

I graduated from the Univ. of Durban Westville in South Africa with a degree in Drama, English and Social Anthropology. I did some professional acting then but soon realised that back in South Africa that theatre could be used for greater purposes by advancing the cause of changing South Africa's Apartheid regime to a democratic nation. Needless to say, theatre on the fringe was not enough to sustain a living so I entered the world of Financial Services and had to retrain myself to compete in this highly competitive world. I migrated to New Zealand in 1996 and I have served in fairly senior roles in banking and finance in New Zealand and also with the ANZ, NAB and CBA in Australia. In 2011, I formed a business partnership with Dr John Gray, author of Men are from Mars, Women are from Venus as a Business, Executive, Life Coach and Corporate Trainer. I formed my company MindModelling and am having a blast coaching and training on the topics of Gender Intelligence, Gender based Sales and Gender based Leadership. I also spend considerable time delivering seminars on how to have the best years of your life. I am a practitioner of NLP and Hypnotherapy and have a deep connection with my own spirit. I am currently writing a Spiritual Coaching program that will be released later this year.

What's your proudest achievement?

Being a proud father to my children and husband to my wife Suria for the past 21 years. This continues to be a work in progress and I celebrate each day as we grow as a family.

What's been your best decision?

To leave a high profile corporate career and to follow my passion and what I believe to be my life's purpose. It was scary in the beginning to leave the safety net of a regular executive income and took some getting used to; however it gets easier as you go. I meet some fascinating people in my work and still work with my corporate colleagues however, now I don't feel the pressure to play the politics and every day is a rewarding day knowing that I can create whatever I desire for my life and those around me.

Who inspires you?

My children. They are so innocent, open and honest in the way they see the world in all its possibilities and they truly understand that there are supreme forces that govern the way of this world and all its endless creativity. They have helped me to realise my purpose.

What are you passionate about?

About Life and teachings. I believe that my purpose on Earth, (apart from my own spiritual training), is to help others to realise their own potential by realising the greatest vision of their grandest self. You see, however, big we see ourselves and however great we think we, we are so much bigger than that- our mission is to also realise our God given talent.

What's the best lesson you've learnt?

Nothing is permanent and I shall pass this way but once, so whatever I do must be focused on this one slogan, "Love All, Serve All."

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

Sri Sathya Sai Baba, my spiritual master.

What are you reading?

The Laws of the Spirit World by Khorshed Bhavnagiri and Influence by Robert Cialdini.

Daily Hint: Emulate Your Extreme Self Care Role Model This Month

Thank you! Your Daily Hint this month is to find a role model who is an example of extreme self care and adopt some of their practices, perhaps it involves a change to your diet, your exercise routine, your wardrobe, your hairstyle, your mindset, your lifestyle, your work, your hobbies etc. And to start reprioritizing YOU this month. Notice how different you feel about your self and what comments others make. I believe this is one of the most important decisions you can make and I just know you will discover a new path of peace, grace, happiness in your life!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm excited to introduce you to someone who inspires me - Nesan. Nesan is a truly evolved human being and lives in a way that we can all learn from. Nesan is a shining example of one who also knows how to care for himself so he can be of service to others. Love Karen x

"Cinema is a director's medium, so you're saying, "What do you want?" Being an actor is about adapting - physically and emotionally. If that means you have to look great for it and they can make you look great, then thank you. And if you have to have everything washed away, then I'm willing to do that too."

"It was very natural for me to want to disappear into dark theatre, I am really very shy. That is something that people never seem to fully grasp because, when you are an actor, you are meant to be an exhibitionist."

"When you relinquish the desire to control your future, you can have more happiness."

All quotations by Nicole Kidman

Sincerely,

karen vella

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Nesan
& Be
INSPIRED!!**

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Offer Expires: 30th June 2012

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