

# You're The One Newsletter

GIVE YOURSELF PERMISSION!

Issue 7 Vol 9: September 2012

## In This Issue

What's New With Karen  
Life Coach Tool  
Be Inspired Interview

## Karen Recommends



COMING SOON TO THIS SPACE!

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2012 - Best Year Workshops  
2012 - Webinars  
2012 - New Products  
2012 - 1 on 1 Life Coaching  
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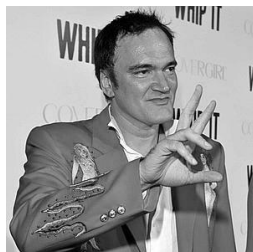
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Dear Karen,

## What's New With Karen

Welcome to September! Hooray it is the first day of Spring - finally we are out of one of the longest-coldest Winters we have had in years in Melbourne! During August my ears pricked up whenever I heard the concept of 'giving yourself permission'. The first was when watching the legendary Film Maker, Quentin Tarantino being interviewed and he spoke about 'not seeking permission' from others to define the movies he could make. He said he may apologise but not ask for permission first. The second was viewing an Acting class with a legendary American Acting Teacher, Susan Batson, say to a group of actors 'give yourself permission to be great'. Wow, I thought that is twice in a month, that I'm hearing the same thing, and by two highly talented and influential people. So, I have decided this month to dedicate this newsletter to exploring the concept of how differently our lives could be if we gave ourselves permission to be who we really are, and follow a life that speaks to our hearts, minds and spirits! Warmest Regards Karen

## Mojo Tip: Tarantino Gives Himself Permission!



Award Winning Film-Maker Quentin Tarantino

The ninth step on your magnificent path for 2012 is to make a decision to 'give yourself permission.' People with Mojo give themselves permission to envision themselves and their lives as they choose to be! They are not defined by others. They instead give themselves the psychological freedom to decide for themselves. This 'giving of permission' opens up so many avenues in their psyche - the permission to feel all feelings, the permission to make mistakes, as well as the permission to go for greatness. These mojo-esque creatures 'give themselves permission' which opens up their world to areas that may remain locked to others. They are able to grow as human beings and become way showers for others. They are able to make mistakes, be human, be imperfect, whilst at the same time also to strive for greatness and success. Quentin Tarantino is an American film director, screenwriter, producer, cinematographer and actor. He has received many industry awards including an Academy Award, a Golden Globe Award, a BAFTA and the Palme d'Or

and has been nominated for an Emmy and Grammy. Quentin Tarantino is a fascinating creature to study. Dropping out of acting school, working at a video store, and now making Hollywood films without going to film school - he is a great example of someone who doesn't allow others to define him. One of my favourite stories about him was when he was working at his video store and commenting on a kind of movie opening he would like to make one of his colleagues said "they wouldn't let you" (something apparently people had been telling Tarantino all his life). Tarantino replied: "who is they? There is nobody I've given that kind of authority over me to say I can't do anything. I can do anything I want or I can achieve. I don't ask permission. I might ask forgiveness but I don't ask permission. There is no [they]. By saying there is a [they], you're creating a [they]." This highlights the way a person who 'gives themselves permission' lives. They decide, they commit and they give themselves permission for authenticity - usually it is the giving of the permission that is the key to unlocking something in the psyche that allows them to go on to achieve greatness. It is never too late to give yourself permission! And all it takes is for a decision and a change in your perspective. Soon you are on your way to new exciting possibilities, more peace, more authenticity, more success, more love - more of many things! Take a handful of permission slips and start loving your life!

### Life Coach Tool: Give Yourself a 'Permission Slip'



Allow Your Soul To Be Remodeled (the greatest permission)  
*A Picture Worth a Thousand Words*

I'd like to suggest something new to you - what if right now you made the decision that and embraced the concept that you no longer need to wait for something or someone outside of yourself to give you the permission to be all you can be, to live the life you wish for and to build your dreams. So, how would your life be if you gave yourself a 'permission slip' to truly live the life you wish, and to truly be who you are! Here are some examples:

#### 20 Suggestions for Permission Slips 'Give yourself Permission To...'

1. Be Good To yourself
2. Not Compare Yourself to Others
3. Say No or Be Selfish At times
4. Live the Life Your Soul Craves
5. Show Up as Your Authentic Self
6. Be Simply Yourself
7. Change Your Mind & Choose Again
8. Define Success On Your Own Terms

9. Follow Your Secret Dream
10. Celebrate Yourself
11. Be Love, Loved, Loving
12. Let People Help Themselves
13. Receive the Very Things You Wish For
14. Be Free of Others Opinions & Criticisms
15. Be Bold, Brave, Beautiful & Brilliant
16. Do What is Right For You
17. Not Always Make the Popular Choice
18. Be Free
19. Shine
20. Be Remade for a Greater Purpose

Remember, your greatest permission slip from the universe is that you are alive, you are worthy, you are unique, there is no-one like you. You are a child of the Universe! Your Spirit is free to be remolded. Perhaps the greatest permission you can give yourself is to be re-made for greater purpose and in a sense allow yourself the permission for your spirit to be remolded.

### **Be Inspired Article: 10 Questions with Silvana Vagnoni!**



#### **Who Is The Real Silvana?**

Born in Adelaide, South Australia, I enjoy the beach and getting sand in-between my feet. The fresh air and birds singing as I walk along the River Torrens. Driving home when it's raining and looking up to see a rainbow in the sky. Walking out the back door that leads to our garden to see my excited cat Raffi running to come and greet me. Playing music really loud and dancing like no one is watching. Blessed to have beautiful soul friends in my life to share the joyous moments and be there to support each other. Opening my arms to life and allowing the journey to unfold. Taking the wheel of my own bus and co-creating a wonderful experience no matter what comes my way. Trusting that inner knowing lead me to begin my passion for travel; in 2009 I adventured to Egypt on my own on a 17 day tour where I visited the Isis Temple, saw many stunning Pyramids, went to Abu Simbel and so much more as I learnt the history of such an amazing and historical place. Last year I travelled to Europe visiting mainly Italy for 2 months - oh the beautiful sunflowers in Tuscany, the crystal blue waters of Amalfi Coast, the handsome men in Isle of Capri (LOL), eating gelati at Fontana Di Trevi just took my breath away. It was a great pleasure to meet family both on my mum and dads side. Right now I am perusing my career in Youth Work and Community Services; I am enjoying the ride and looking forward to seeing what my next adventure - next role will be.

**Which five words best describe you?**

Passionate. Caring. Authentic. Daring. Down to Earth.

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

My very first job was a Production Assistant at Sagric International - when my role became redundant I decided to get into contract work; where I had the opportunity to work for different organisations learning new skills, enhancing on my professional and personal development. At that time in my life I wasn't sure what I wanted to do or what I was passionate about all I knew is that I was on a journey of self-discovery. I took a few months off in-between to travel overseas to two of my many favourite destinations - Egypt and Italy. Since then the path has lead me to study Life Coaching, Neuro Linguistic Programming (NLP), Youth Work and Community Services. My previous role was a Youth Project Officer for YMCA of South Australia.

**What's your proudest achievement?**

The most proud achievement was when I took a leap of faith and decided to establish my own life coaching/mentoring business in 2004 called Purata Coaching - The essence within you.

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

On one's journey in life there comes a time when you need to take a leap of faith into unfamiliar territory and be willing to step up and awaken the best version of you. To open your wings and embrace the never ending opportunities and miracles life has to offer you.

**Who inspires you?**

Having recently attended a SHE Lead Conference held in Adelaide, I listened to many inspiring woman - the one that stood out the most for me was MP Kate Ellis - Minister for Early Childhood and Childcare. She inspired me for her integrity, authenticity, being real and engaging with other woman whilst sharing her own personal life experience. I found her energy to be refreshing, warm and humble.

**What are you passionate about?**

My true passion at the moment is a career change into the Youth and Community Sector, which I absolutely enjoy. My other passion is being of service to Humanity.

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

Unconditional Love comes from within... love thy self and the rest will follow.

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

Hmm. - that is a tough one as there are many people I would love to meet, for example Doreen Virtue and singer PINK.

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

To be in a position where I can travel once year.

**What are you reading?**

I am currently reading 'Seven Sacred Flames' by Aurelia Louise Jones.

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**Daily Hint: Create Your Own Permission Slips This Month**

Thank you! Your Daily Hint this month is to make up your own 'permission slips.' Simply create your own permission slips, [I have

permission to.....] and allow yourself to experience a new permission every day. Make sure it is ecological (good for you/good for others/good for the community). You may even wish to introduce this concept to your family, friends, workplaces, community organisations - and pass on your 'permission slips' to others to empower them also. Remember you have permission to SHINE!!

*I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm thrilled to introduce you to another of my wonderful friends who I admire for her deeply spiritual nature and her commitment to humanity and helping people - especially our youth! Silvana is a fascinating example of someone who gives herself permission to live a life that is true to her own values and contribution to society. Love Karen x*

*"Dream and give yourself permission to envision a you that you choose to be."*

*Joy Page*

*Sincerely,*

*karen vella*

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## **NETWORKING Opportunity With Silvana!**

As a special offer for the month of September, Silvana would love to hear from anyone who is interested in establishing positive working networks and referrals. Silvana Vagnoni - Youth and Community Officer background in Life Coaching and Mentoring - please email Silvana [svagnoni@hotmail.com](mailto:svagnoni@hotmail.com) (Remember to mention YTO!).

**Offer Expires: 30th September 2012**

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