

You're The One Newsletter

PEACE, LOVE & DO RIGHT

Issue 8 Vol 12: December 2013

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What's New With Karen

Welcome to December 2013! As the beautiful season of Christmas approaches, I would like to share a personal message for you. As I reflected on what sort of year I have experienced, two words immediately came to mind - character-building. People have confided in me that, they too, have felt tested, & persevered through a struggle, identifying their character was being built this year also. We know on the inside when our characters have been built - because we may look the same - but we feel very different on the inside. My secret to what kept me going this year was to "keep doing the right thing" and to "be good to people" - especially in situations where I felt unfairly treated. Each day I knew that if I could still be good to people in all circumstances, then my character was being built, and the rewards would be on their way. And that is my message to you. As we go about our Christmas festivities, make time to be good to people (even the ones that may be difficult to love) because it really is a testament to your character. Each time you do your character will be built. And prepare to be elevated to amazing heights in 2014 - you have earned the rewards. Love Karen xx (Peace, Love, Joy To You).

Mojo Tip: Be Good To People & You Will Prosper!



Pastor Joel Osteen, Lakewood Church Texas, USA

The 12th step on your magnifico Mojo mindset for 2013 is to keep doing the right thing. People with Mojo are wise enough to know that even if they are faced with unfair, challenging, and sometimes downright devastating treatment that the important principle to hold onto is to do the right thing. They live from a code of ethics. From this position they do not harbour anger, resentment, and bitterness nor seek revenge. They are of the mindset that by doing right, their character is being forged through the test, and infact the greater the struggle, the greater the reward. At the end of the day, they sleep soundly because they do not mistreat others (even though they may have felt like retaliating) - knowing that to take the higher road takes character - and that the rewards will be on their way. An example of a person with Mojo who does the right thing is Joel Osteen, Pastor with Lakewood Church, in Texas. According to Nielsen Media Research, Joel is one of the most watched inspirational figures in America. His weekly motivational message is

broadcast into every US television market where it is viewed by 7 million Americans each week; his weekly broadcast is also seen in almost 100 nations around the world. In 2004 his first book, 'Your Best Life Now' debuted at the top of the New York Time Bestsellers List and quickly rose to #1 where it remained for more than 2 years, selling in excess of 4 million copies. Joel has also been named as one of Barbara Walters "10 Most Fascinating People." However, the road to success was not easy for Joel and his character was tested for prolonged periods of time. When Joel's Father passed away unexpectedly and suddenly many years ago, Joel (a quiet, sensitive introverted type) did not believe he had what it took to be a Pastor, and yet after one of the most challenging week's of his life, he stood at the pulpit and from then on, the church grew, and grew. Now the services are held in the Compaq stadium with 16,000 people in attendance. What I love about Joel is that he was tested with a lot of scrutiny, criticism, and negative feedback over this time. However, he just kept on doing right and being good to people, even if they weren't to him. I have listened to hours and hours of Joel's teachings this year, and he inspired me to keep on pressing forward and doing the right thing during challenging times. Joel has a great saying "You can't be good to everyone, but you can be good to the people God has placed in your life. Study them. Listen to what they are saying. Be sensitive to their needs. Go out of your way to make an eternal impact in someone's life just by being good to them." One of my other favourite things he says is "I know I'm not perfect, but I also know this: My conscience is clear before God. I know that I'm doing my best to please Him. That's why I can sleep well at night. That's why I can lie down in peace. That's why I have a smile on my face. Friend, keep your conscience tender, and you will discover that life keeps getting better and better." So keep doing right, keep taking the higher road, be good to people and by doing this you will be building the Best You from the inside out. May you start seeing the rewards that you have dearly earned in your life now and into the future. May you have a peaceful, loving, and hopeful Christmas.

Life Coach Tool: Be the Best YOU!Be Good To People!



Be Good To People No Matter What

Because I am a huge admirer of Joel Osteen and can attest to the difference he has made in my life this year, I would like to share more of his wisdom about life. Essentially, Joel says you have all the resources within yourself to have an amazing life. God has placed these inside of you. Now it is time to tap into your potential, apply these principles, and keep rising higher. For those of you who have put in the hard work to build your character, I would say that it is now time to start applying these 7 principles. May you take these 7 keys with you and share with your family and friends so that they too, can elevate their lives over this Christmas period and into 2014.

7 Tips to Being the Best You by Joel Osteen

Joel talks about essentially being a co-creator with God. God will do his part, but he wants you to draw on your ownself also to do your part as well. To become a better you, Joel says - you must:

1. Keep pressing forward.
2. Be positive toward yourself.
3. Develop better relationships.
4. Form better habits.
5. Embrace the place where you are.
6. Develop your inner life.
7. Stay passionate about life.

Know that you have what it takes to become the Best You. It is now time to "tap into your potential." Know that by pressing forward, being kind to yourself, forming great relationships & wonderful habits, and accepting what/who is currently in your life, developing your inner life and staying passionate your character is constantly being built. You are being prepared to do what you have been equipped for in this life. You have passed the hardest test and things are about to turn around. Your rewards are on their way. You have been good to people along the way and did the right thing. 2014 is your year to shine! The reward is you are now going to shine being the BEST YOU!

Be Inspired Article: 10 Questions with Moshe Goldberg!



Who is the real Moshe?

It's hard to write a SMALL paragraph about myself, which probably already tells you a bit about me. I grew up in the inner suburbs of Melbourne, went to school in North Carlton and then North Balwyn, studied Philosophy, Mathematics, and Computer Science, and worked in four distinct careers. I am passionate about making a difference, and have led courses on creating possibility and giving up negativity to thousands of people in the USA, Canada, and Australia. I run my own IT Recruitment company, and in my spare time I am writing about a number of diverse topics including football, cancer patients' hospital experiences, and growing up in Melbourne's inner suburbs. I have three daughters, one grandson, and two dogs.

Which five words best describe you?

Persistent. Positive. Thorough. Integrity. Iconoclastic.

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

My first real full-time job was as a computer programmer at Payless Supermarkets. Since then, I worked for 10 years in IT, then changed careers and became a Recruitment Consultant. After 6 years, I again changed careers and delivered transformational programs for Landmark Education. After 4 more years, I returned to IT

Recruitment, working for my own company Allegro Recruitment Consulting.

What's your proudest achievement?

I have three: Being married to Helene for 36 years; bringing up 3 wonderful daughters, and gaining my PhD in Pure Mathematics.

What's been your best decision?

To say yes to marrying Helene.

Who inspires you?

Christopher Reeve, JFK, Martin Luther King, Mahatma Ghandi, my parents.

What are you passionate about?

Creating possibility for people. Making a difference. A world that works for everyone!

What's the best lesson you've learnt?

It takes ONE to tango! (In other words, be responsible/cause in the matter of all of life) - it's no-one else's fault!

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

Living: Nelson Mandella. Dead: JFK.

What dream do you still want to fulfil?

To write and publish 2 books.

What are you reading?

Currently reading "A Short History of Nearly Everything" by Bill Bryson and "All You Could Ask For" by Mike Greenberg.

Daily Hint: Make a Special Mission to Do-Good To Someone at Xmas:

Thank you! Your Daily Hint this month is to truly make an effort to do good and kind things this Christmas Season!! Sometimes it is the little gestures that go a long way. This is a time to especially go out of our way for those who have not been as blessed as us - make it a special mission of yours to seek someone out to truly be good to. Your rewards will flow to you tenfold. Wishing you and your families love, peace and joy at this special time of year.

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 Dr Moshe Goldberg, who I am lucky enough to have recently met. Moshe is a person of integrity who embraces, lives, and leads others to transform their lives by living with the mindset of positivity and possibility. I also couldn't think of a better example of a person who does good for humanity, and a perfect role model for this newsletter in particular. When God made Moshe he definately threw the mold away. Be inspired by Moshe as I am. Love Karen x

*"Do the right thing. It will gratify some people and astonish the rest."
Mark Twain*

"That old law about 'an eye for an eye' leaves everybody blind. The time is always right to do the right thing."

Martin Luther King, Jr.

Yours sincerely,

karen vella

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Offer Expires: 31st December 2013

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