

You're The One Newsletter

LIVE AN *INSPIRED* 2015!

Issue 10 Vol 1: January 2015

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Karen Recommends



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2014 - 1 on 1 Life Coaching

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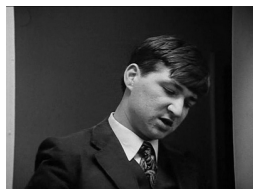
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What's New With Karen

Welcome to January 2015. Happy New Year! With 2015 fresh upon us it is an opportune time to reflect on these sayings "*Life is Short*" & "*There Are No Dress Rehearsals!*" In keeping with that theme, I am wishing you the most inspiring 2015 ever! In this Newsletter, I'm hopefully inspiring YOU to live 2015 in a way that is truly authentic to you, one that makes you feel alive and inspired! A little hint to get you started on this path is to *start with the end in mind*, by asking you the question: "Take me to end of 2015 and you've had an amazing year, describe it to me." Wonderful! Now that you have the end in mind, you have an insight into what your target is & what you are aiming for. So, before you get started on any goals for the year, make sure you start with the end in mind and knowing what it is that has to happen for you to have the most inspirational year of your life in 2015! Love Karen XXX

Mojo Tip: Make Your Life Message Inspiring!



The Late Rainer Werner Fassbinder, Genius Film-maker of German New Wave
Welcome to the first step on your inspirational Mojo mindset for 2015. People with Mojo keep themselves inspired, uplifted and elevated. They live by the Mantra "Your Life is Your Message to the World - Make it Inspiring." They live with purpose, passion and follow their greatest dreams and desires. These Mojosque role models have incorporated ways of living that keep them continuously excited, curious, grateful, kind, courageous, forever learning and expanding their comfort zones. To do this, they ensure they have new resources to inspire them - travel, books, DVDs, training, mentors, and are devoted to being life-long learners. These Mojo Role models fully engage with life and live above the day to day existence - and in the exciting realms of possibility, opportunity, and dreams. When I think of a person who demonstrates inspirational living, my mind immediately goes to the late Genius, German Film Director, Rainer Werner Fassbinder. Of recent times I have spent many hours watching almost all of his films, and I have been, touched, disturbed, provoked, and challenged by his themes. His

films demonstrate his deep sensitivity to social outsiders, where he also attacked both German bourgeois society and the larger limitations of humanity. Rainer died at age of 37, however in his short life, and a professional career that lasted less than 15 years, he worked frenetically completing less than 40 feature length films, 2 television film series, 3 short films, 4 video productions, 24 stage plays, 4 radio plays, and 36 acting roles in his own or others' film's. He also worked as an actor (film and theatre), author, cameraman, composer, designer, editor, producer and theatre manager. His legacy goes on in the works he has left behind. Rainer is an example of a person whose inspirational message led to others being inspired. So let's all spend some time at the beginning of this New Year reflecting what it is that makes life truly inspiring for ourselves - because whatever that is will have a ripple effect to the world. The world needs what it is that you are gifted to do. Embrace your uniqueness and expand your horizons - live life in 2015 in a new way - create your vision, have less, do more, be adventurous, be kind, let go of the ego, and most importantly - seize the moment of NOW! Make that decision to live an inspiring 2015 and I guarantee you that you are well on your way to having your BEST YEAR YET! You are perfect as you are and Ready to INSPIRE and BE INSPIRED!

Life Coach Tool: 21 Tips for Living an Inspired Life



Your Life Is Your Message To The World - Make Sure It Is Inspiring

With 2015 fresh and new, it is a great time to make a decision to truly live an inspiring life. An *inspiring life* is one that *truly resonates with YOU!!* If you live an "inspired life" more than likely you will go on and "inspire" others who can learn from you as an example. *So, here are 21 rules that can help you be that inspiration in 2015!*

Rule 1: Be Kind (Sharing kindness magnifies its abundance)

Rule 2: Be Courageous (Live outside your comfort zone)

Rule 3: Have a Vision (Start with a clear purpose and vision)

Rule 4: Be Authentic (Be true to yourself)

Rule 5: Do What Is Right, Not What Is Popular (Be true to what you believe)

Rule 6: Be Adventurous (Engage with world around you)

Rule 7: Give Back (We are at our best when helping others)

Rule 8: Be Grateful (There are always things to appreciate)

Rule 9: Think Collectively (Globally/Socially) (Make decisions that make a positive ripple)

Rule 10: Have Less - Do More (Find happiness in doing more, not having more)

Rule 11: Become A Life-Long Learner (Develop yourself & make a valuable contribution)

Rule 12: Smile (Your disposition will be a compass for your perception of the world)

Rule 13: Be Mindful (Live in the moment and be present)
Rule 14: Embrace A Higher Power (Have faith in your truth, whatever it may be)
Rule 15: Let Go Of Ego (It serves no greater purpose outside of self)
Rule 16: Imagine (Capture and hold on to your child-like imagination)
Rule 17: Laugh (Don't take yourself too seriously)
Rule 18: Never Give Up (Nothing in the world will take the place of persistence)
Rule 19: Be Bold (Aim high and shoot for the stars)
Rule 20: Enjoy The Journey (Life is nothing if it's not interesting)
Rule 21: Don't Wait (Don't wait to start living - you have all you need right now)

Be Inspired Article: 10 Questions with Ted Budner!



Who is the real Ted?

My life was a bit of a struggle at the start. I did not find school interesting. I developed later the ability to have more friends and place a great emphasis on friendship. I enjoy going to sporting activities and having one on one conversations with others. I have a good memory. I have a very good sense of humour (which can be overwhelming at times) as I like to make people laugh. I am also sensitive. I like to speak about my passions with others. Family is important and I especially like to guide my nephew.

Which five words best describe you?

Passionate. Patient. Caring. Forgiving. Calming.

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

My first job was at an earth moving equipment company, Tomatsu Australia, in despatch. Since then, I have worked in quality control and clerical work, and now have worked for 17 years for one of Australia's largest companies, Fuji Xerox, in Stores and Despatch.

What's your proudest achievement?

Having been able to turn myself around when things were not in my favour, see the positive, speak out, and find a solution for myself and for others (I like to help people as I do not like to see others depressed.)

What's been your best decision?

To leave my parents' home and create my own identity and freedom.

Who inspires you?

The late President Harry S. Truman, who unexpectedly became president after Roosevelt suddenly died. Although thought of as a

compromising choice, he eventually won people over by his hard work and dedication.

What are you passionate about?

Films, music and sport.

What's the best lesson you've learnt?

That you don't get anywhere being silent - if things are wrong to state it; to speak up, to listen and to learn (both in groups or in one on one conversations).

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

The late President, John F Kennedy. Also, Rick Stein, the common man's culinary Chef.

What dream do you still want to fulfil?

To be more financially secure.

What are you reading?

'Truman' by David McCullough.

Daily Hint: Follow At Least One of the 21 Rules (above) Daily.

Thank you! Your Daily Hint this month is to apply the 21 Rules of Inspired Living above. Harness, embrace and implement these in your day to day living and soon you will find yourself being elevated to new levels for 2015 - and inspiring others on the way!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm delighted to introduce you to my guest interviewee, Ted Budner. Ted, is a wonderful person - we have nicknamed ourselves (David & Margaret - from ABC the Movie Show) as we are both passionate about films, actors and acting. Ted is a thoroughly decent person and he is so passionate about life, speaking out and sharing, always in an effort to help others! Be inspired by Ted as I truly am! Love Karen x

"Your Life Is Your Message to The World - Make Sure It Is Inspiring."

Unknown

Yours sincerely,

karen vella

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**HAPPY
NEW
YEAR
2015**

Here's a yto Message just for you: "Every end is just a new beginning. Keep your spirits and determination unshaken and you shall always walk the glory road. With courage, faith and efforts you shall conquer everything you desire." I wish you a very Happy New Year for 2015. Pass this New Year Message on to all those who you love and cherish (& remember to mention yto!)karen@youretheone.com.au

Offer Expires: 31 January 2015

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