

You're The One Newsletter

CHOOSE A *THEME* FOR 2015!

Issue 10 Vol 2: February 2015

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What's New With Karen

Welcome to February 2015. During January, I applied my Theme for 2015. You see each year I create a Vision Board on New Year's Eve. As I go into the fresh New Year, I have a "Way of Living." This year my inspiration is around "grace and poise" and I have taken inspiration from the late Actress and Princess of Monaco, Grace Kelly. It's easy to live with our theme when we are in tranquil surrounds, however, the challenges are when there are work pressures, stress, dealing with opposition, and day to day life overall. However, these are the times when we especially can be mindful of living our Theme. So this month I'm devoting my newsletter to YOU finding a theme for 2015. I wish to inspire you to spend some time reflecting in meditation, and allowing the theme to arise (rather than forcing it). Then to apply it to your Year and watch how you grow, develop, and are happier. Never underestimate the ripple effect of the change YOU (one person) can make in this world. Love Karen XXX

Mojo Tip: Decency - A World Changing Theme!



Noah Hawley, Exec Producer, Fargo Mini-Series 72nd Golden Globes Awards
The 2nd step on your momentous Mojo mindset for 2015 is to live with a theme in your heart. People with Mojo live with certain themes at the forefront of their minds as they go about their lives. Just watching and listening to these people you discover what themes they are living by - and these themes are especially powerful and magnetising when they are ones that uplift humanity. People with Mojo not only stand for these themes they are also living examples of them. When I think of a Mojo-esque Role Model, the person who comes to mind is Noah Hawley. Noah is the Executive Producer of Fargo, which recently won the Award of "Best Mini Series or Feature Made For Television" at the recent 72nd Annual Golden Globes Awards. I loved what Noah said: *"I'm going to start with my wife. Because she is the one that led me to the heart of what this show is, which is that - you can change the world, not through grand acts of heroism but just by being decent to people. You sit on the front porch, you say hello to your neighbours, you walk your kids to school. It is respect. And as Mark Gunderson so eloquently put it, 'there is more to life than a little money you know, here you are on this beautiful day.' I'd like to thank Francis & Joel & Ethan for creating this world, FX and MGM for letting me go full-Coen. I want*

to thank my amazing cast, my producing partners, my crew. We are now going back to the frozen Tundra but we are going to do it again. Thank you so much." This acceptance speech totally resonated with me. It follows along a theme of decency. Often the true heroes are not recognized in society - however, it is these decent people who endeavour to do the right thing that bring us back to what truly matters and give us faith again in humanity. It is wonderful sometimes to reflect on whom these decent people are in our lives and I especially feel drawn to speaking with them during challenging days (ie encountering an injustice, unreasonableness, unfairness). They humble us by taking us back to the heart and true core of life. They shine light on what life is really about (not about money, ambition, possessions, vanity) but more towards respect, decency, honor, thoughtfulness. I love the theme of decency. My personal theme this year is one of grace. I hope you too find your theme for living, a theme that you feel deep in your belly, that resonates so truthfully in your spirit, that you find it calling out to you and pulling you along life. Whatever your theme is, I invite you to not only feel it, but to live it and be an example of it. Just as Noah Hawley says, "*you can change the world just by being decent to people.*" With all the talk of negatives in the world, it is a wonderful antidote to bring your own personal stamp to your way of living and demonstrate this to others, that can reverberate across all continents. It all starts with living your Theme! Love Karen

Life Coach Tool: Making Decency Cool Again!

When is
decency
going to be
cool again?

Create a Movement-Making Decency Cool Again

Imagine if the theme of decency became cool again? Following on our earlier theme of decency and respect, here are 25 qualities that people with decency practice in their lives - let's embrace them and start a revolution:

25 Qualities of People who Live with Decency & Respect:

1. *They have self-worth.*
2. *They believe in themselves.*
3. *They ask for help when they need it.*
4. *They have self-respect.*
5. *They work on their self confidence.*
6. *They use wisdom.*
7. *They are peaceful.*
8. *They care for their bodies/their health.*
9. *They develop/establish good boundaries.*
10. *They have a good attitude.*
11. *They carry good positive esteem.*
12. *They know their boundaries & can communicate them.*
13. *They know how to deal with stress.*
14. *They have positive values.*
15. *They are self-sufficient.*
16. *They are kind.*
17. *They honor themselves and others.*
18. *They set high expectations for themselves.*

19. *They set and achieve life goals.*
20. *They are intelligent.*
21. *They accept themselves, & are happy with themselves.*
22. *They value what's decent.*
23. *They have self-control.*
24. *They are considerate.*
25. *They are unselfish and show concern for others.*

Be Inspired Article: 10 Questions with Nancy Callegari!



Who is the real Nancy?

I've been a dutiful daughter, a business-woman, a devoted mother and now exploring my greatest potential and creativity.

Which five words best describe you?

Passionate. Loyal. Believer. Mother. Sexual.

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

I worked as a trainee manager for the retail stores "Treasureway".

What's your proudest achievement?

My children.

What's been your best decision?

To explore and expand my spiritual growth and awareness.

Who inspires you?

My spiritual mentors.

What are you passionate about?

People reaching their full potential and achieving their dreams.

What's the best lesson you've learnt?

That it's safe to be yourself and love yourself just the way you are.

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

Going to see John of God.

What dream do you still want to fulfil?

A fulfilling marriage.

What are you reading?

Magazines to keep abreast with current affairs and pop culture.

Daily Hint: Focus on Your Theme Daily (Be Mindful).

Thank you! Your Daily Hint this month is to find your theme and to become mindful to it on a daily basis. Watch how you grow in self love, care and respect as you go out into the world and positively

affect those around you and the world will reflect this back to you!
Be True to You - Be True to Your Theme for 2015!

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, Nancy Callegari. Nancy demonstrates the theme of decency in all her chapters of her life, as a daughter, mother, businesswoman and more. I also love the fact that she has discovered the lesson that 'it is it is safe to be yourself and love yourself just the way you are! (This is exactly my meditation theme each night before I go to sleep currently). Nancy is truly inspirational in her journey and I love the place she is at the moment where she is exploring her creativity and potential. Be admiring of Nancy as I am. Love Karen x

"Morals Are Private. Decency is Public."

Rita Mae Brown

Yours sincerely,

karen vella

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**'Congratulations &
Thank You For
Being So Decent!'
VOUCHER**

On the theme of honoring the decent people in our lives, this Voucher entitles you to tell someone how much you appreciate them being an example of decency and respect in your life. Pass this Voucher on to them to let them know how much their attitude and actions of respect and decency are appreciated and admired (& remember to mention yto!)karen@youretheone.com.au

Offer Expires: 28 February 2015

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