

You're The One Newsletter

SIMPLIFY LIFE IN 2016!

Issue 11 Vol 1 January 2016

In This Issue

What's New With Karen

Mojo Tip

Life Coach Tool

Be Inspired Interview

Karen Recommends



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What's New With Karen

Welcome to January. During the beauty of December and the Christmas Season, I was inspired by the Pope's message encouraging us in 2016 to live more simple, authentic lives. As January is the time of year that fills us with hopes, dreams, resolutions and new ideas - it is the ideal time to let go of anything that we do not wish to carry into the New Year. In a nutshell, we tune up, refresh and refocus - excited with the possibilities for 2016. In my first newsletter for the year, I share insights, and strategies on how to create a New Year and New You that is true, authentic, happy, successful and lighter - so that you find you are on the path that truly resonates for your authentic journey. May you make 2016 your year of simplicity where you get to shine!! Simplify, Be You, Be Free, Be Happy! Love Karen XXX

Mojo Tip: Authenticity & Simplicity Are The Keys!



Caitlyn (formerly Bruce) Jenner, Embracing Authenticity

The 1st step on your masterful Mojo mindset for 2016 is to commit to simplify your life. People with Mojo do not fear simplicity, knowing in fact they will achieve more when they operate from this foundation. They equate simplicity with success. They equate simplicity with living their truth. They equate simplicity with being authentic. They equate simplicity with being free of baggage. They equate simplicity with freedom. They equate simplicity with magic. They equate simplicity with fulfilment. They equate simplicity with happiness. They equate simplicity with relationships. They equate simplicity with success. They equate simplicity with freedom from external validation. They equate simplicity with setting healthy boundaries. They equate simplicity with caring for themselves. They equate simplicity with living their principles. They equate simplicity with honesty. Simplicity starts with shedding off the inauthentic. My role model for living a simple, honest life based on authenticity is Caitlyn (formerly Bruce) Jenner. Caitlyn is a great example of a person embracing the simplicity of finally being herself. Jenner told Vanity Fair's contributing Editor Buzz Bissinger that Bruce was "always telling lies," but Caitlyn "doesn't have any lies." She recalled public appearances she made after winning the gold medal in the 1976 Summer Olympics, while "underneath my suit I have a bra and panty hose and this and that and thinking to myself, "They know nothing about me... Little did they know I was totally empty inside." The simplicity of being oneself completely is the most liberated life to

live. And we can all take something from this lesson. Life is so short, let's make 2016 our best year ever by living by our own truths and not relying on external validation. Simplicity is about Authenticity. Authenticity is about congruent words. Authenticity is about congruent actions. Authenticity is about being true to ourselves. Authenticity is about leaving things behind that don't align with our beliefs. Authenticity is about honouring ourselves. Authenticity is not being an imitation of who you feel you should be. Authenticity is about meeting our needs. Authenticity is about expressing your truth. Just like Caitlyn, I hope I have inspired you to step out of the shadows of the old, outdated you and to emerge more yourself than ever before. Make your theme for 2016 simplicity & authenticity and you cannot go wrong. Just like shedding an old skin, you are about to enter a New Year refreshed with the possibilities and excitement of a life that is truly fulfilling where you stand out and shine for being whom you really are! Go forth - armed with your simplicity and authenticity - now is your time to Shine in 2016!!! Love Karen

Life Coach Tool: Simplify with the Reverse Bucket List



The Reversed Bucket List

One way to start 2016 on a fresh rejuvenated note is to do what I like to call your "Reverse (Upside Down) Bucket List." This List is perfect to do at the beginning of a New Year. It is a way of doing an Annual Inventory of what you want to let go of in your life to make way for the new. It is a way to not only free yourself of unnecessary possessions, & lifestyle/consumption, choices but to rid yourself from the baggage of conformity you have been carrying around. You will feel a weight shift off you as you let go of the exhausting extra baggage you have been carrying around within you. Here is the Exercise below:

1. Ask Yourself the Following Question "What Do I No Longer Want in 2016?"

Write down a list of "I no longer want" and list anything you no longer want to 'wear' each day. This can be anything from seeking approval, compromising your values, living as a victim etc. You deep down know it is far too exhausting to carry around this baggage; and each piece of extra baggage you leave behind will make you feel lighter, freer and more authentic. Your life will become more positive and enjoyable with each passing day.

2. Visualise Yourself Raising Yourself up on the Upturned Bucket on the 1st Day of January 2016

Now visualise yourself standing on the upturned bucket. It is the 1st January 2016. Feel proud of you. Feel inspired. Notice, what you see, hear, feel, and how amazing you feel! The Reverse (Upside Down) Bucket List works as if you are raising yourself up on the upturned bucket to reveal your authentic beauty and unique style for what it

is. So the real gift of living more simply means they get to live with more authenticity!

A recent study published in Psychological Science Journal found that hiding one's own authentic self produces feelings of immorality and impurity. Through the course of five experiments, participants reported that being inauthentic made them feel immoral and "increased desire among participants to cleanse themselves." On the other hand, when participants recalled a time when they behaved authentically it made them feel positively about themselves. "Our results establish that authenticity is a moral state - that being true to thine own self is experienced as a form of virtue," researchers concluded. Feeling better about ourselves and living our truth should affect our relationships in a positive way. May you go forth and prosper living your truth!

Be Inspired Article: 10 Questions with Sylvie Hutchings!



Who is The Real Sylvie?

I live in the eastern Suburbs of Sydney, I am Founder and CEO of SCOUT Cosmetics as well as being a wife and mother to 3 active boys. My foray into the world of beauty, colour and cosmetics was very much influenced at an early stage by my mother's holistic German traditions coupled with a glamorous aunt who sent my sister and myself the latest fashion trends from Europe together with my very first make up kit. My Italian grandmother made soaps and body scrubs using available farm ingredients including lavender, olive oil, jasmine and bergamot. In later years, whilst undertaking a career with Ansett, I studied natural therapies and began to develop the ideas, philosophy and formulations that would form the future basis of the SCOUT Cosmetics brand. After 16 years as a Flight Attendant, I made the decision to leave Ansett and pursue a career that had long been close to my heart. After my extensive travels and starting a family, I briefly worked with Aesop where I gained a professional insight and clear understanding of the industry coupled with the then growing respect for natural products. In 2008 I made the decision to launch my own company. Inspired to unlock the combination of natural therapies and traditional medicine training, cosmetic retail experience and a love of colour and fashion, the philosophy of SCOUT Cosmetics was born.

Which five words best describe you?

Optimistic. Passionate. Kind. Honest. Fun.

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

I was a flight attendant for 16 years with Ansett.

What's your proudest achievement?

My proudest achievement is definitely raising my 3 sons. However, seeing my cosmetics displayed on the shelves in stores around Australia makes me feel proud.

What's been your best decision?

Listening to my heart and following my dreams and never giving up. Not taking No for an answer.

Who inspires you?

So many people inspire me every day, but I find Oprah is someone I come back to over and over again. I also love Angelina Jolie as she is just so courageous, grounded and daring.

What are you passionate about?

Family aside, SCOUT Cosmetics is my passion. I love meeting and connecting with the people and stores who stock our products.

What's the best lesson you've learnt?

To listen to trusted people around you but ultimately take responsibility and trust yourself.

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

Audrey Hepburn in her later years - what stories she would have to tell.

What dream do you still want to fulfil?

I can't really say that I still have dreams to fulfil because I believe in living your dreams and just going forward and doing. There is an element of unreality in dreams.

What are you reading?

My friend, Amanda Keller's, book "Natural Born Keller and Other Palaver." It is 'laugh out loud'.

Daily Hint: Focus Daily on Simplicity!

Thank you! Your Daily Hint this month is to repeat to yourself daily your mantra "simplify". It really is key in all your decisions. Also, to do the reversed bucket list ritual (above) and focus very much daily on reinforcing to your subconscious mind that you are letting go of certain behaviours, thoughts, traits and replacing them with your new streamlined, simple (and more effective) positive mindset. Let's remember that when you let go of outdated energy, you will create a vacuum for the new things to enter into your life - even if you let go of one thing this will create a positive experience for you and others in your world!

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, Sylvie Hutchings. Sylvie is so inspirational - she is an example of a person being authentic and true to herself in not only designing the life of her dreams, but living the life of her dreams! She is a perfect role model of someone who listens to her own inner voice and acts on it! What a fabulous role model for our first newsletter of 2016-simplify, be authentic and live your truth! Love Karen x

"Life is not complex. We are complex. Life is simple, and the simple thing is the right thing."

Oscar Wilde

Yours sincerely,

karen vella

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Introduction to "SCOUT COSMETICS"

If you would like to make contact with Sylvie Hutchings, Founder & CEO of Scout Cosmetics, & be uplifted by her modern, elegant eco-beauty products, Sylvie welcomes being contacted on Tel: 1300 525 077 or via email: enquiries@scoutcosmetics.com and please remember to mention YTO -

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Offer Expires: 31 January 2016

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