

You're The One Newsletter

DOWNSIZE IT!

Issue 11 Vol 2 February 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 February. Hoping you had a fabulous start to 2016! I started 2016 with a fresh and exciting vision of downsizing to the barest minimum! During January my vision was front of mind, reminding myself that streamlining, letting go, and the motto 'less is more' is both empowering and liberating! Think of it this way, less speaking=more listening; less spending=more saving; less busy-ness=more presence; less doing=more being; less clutter=more space; less do-lists=more fun lists; less stress=more wellness, etc. I love returning things back to their most pure, & then taking it boldly a step further, stripping back to its bare bones. Each time I look at my Vision Board (*which it too is even more minimalistic*), I am reminded and energised. I wish to inspire you also to consider ways to start truly downsizing more strictly this month - de-cluttering, streamlining, and stripping back. Watch, then, as through this void, a vacuum is created of something far more valuable, the time and space to be in the presence of what truly matters. Enjoy stripping it back to its original beauty! Love Karen XXX

Mojo Tip: Strip It Back To Its Purest Form!



Serena Williams, Ranked World No 1 Womens Singles Tennis

The 2nd step on your magical Mojo mindset for 2016 is to downsize and strip life back to reveal its real beauty! People with Mojo embrace the ruthlessness of this downsizing attitude to live lives of minimalism and downscaling. They live by strict intentions of what is the most pure way to be intentional. They seek to simplify and beautify rather than enhance or complicate. You will see this often demonstrated in these Mojesque role models' clothes, homes, speech and mindset. A fascinating role model, currently doing promotions and playing at the Australian Open here in Melbourne is World No 1 Female Tennis Player, Serena Williams. I find there is a certain 'minimalism' in her attitude, and this is also reflected in many ways in her life. For example in April 2015 she stepped out on the Vogue cover (with a very minimalistic Annie Leibovitz photo), many saying the beauty of the shoot lay in the simplicity, allowing Serena's natural beauty to shine

forth. Elegant, chic and powerful the shoot did not take the focus away from the clothes instead placing it back onto the woman wearing them. Once again, in 2015 Serena joined with Nike to co-design the 'Nike Court Flare'; a pure, 'whiter than white' tennis shoe suitable for Wimbledon, she again stripped things right back. Serena revealed at the time her inspiration of "when you think of the first, you think of pure, white and complete, and that is why I think it's the perfect color." Her concept, along with the co-creators at Nike was to keep it clean, pure and special, stripping back to reveal that "less can actually be more" even with performance footwear. So, whether we take inspiration from Serena and her Vogue Cover Shoot in April 2015 or in the same year her design of the Nike Court flare, there seems to be a message in here in downsizing, downscaling, and stripping something back to reveal its true function and beauty. People with Mojo keep stripping back until they get to the very heart or core of something to reveal its true unique qualities. So, my suggestion is that we can all find at least one area in our life where we are making things more complicated, less effective or taking too much time, and decide instead to strip it back to its barest bones. Whether this is clothing, your home, your workspace, your communication style, your mindset the key is to you need to be strict and intentional with yourself! Let go, and let it flow! Love Karen xx

Life Coach Tool: Design Tips for A Bare Bones Home



Love Grows Best in Little Houses

Keeping on the theme of designing a new way of downscaling, I introduce here some tips from an Interior Design article I recently read, reflecting, 11 ways to make a room appear bigger by the art of tricking the eye into perceiving more space (employing 3 simple concepts: scale, light and movement). See below 11 tips:

Tip One: Scale It Down

Furniture for the small space is all about proportions. Always leave a little air in between the sides of your furniture and walls.

Tip Two: Keep A Low Profile

Furniture that is lower to the ground will create a feeling of openness in a room, simply by the fact that they leave more space above them.

Tip Three: Show a Little Leg With Lithe Furniture

Furniture that is streamlined allows light and air to flow not just over, but also under and around it, so that it appears to float in space, creating a sense of openness and movement.

Tip Four: Mirror, Mirror on the Wall

Use mirrors to create a greater sense of openness. They reflect both light & the view, thereby tricking the eye into perceiving more space.

Tip Five: Ditch the Drapes & Rugs

Eliminate stuff and keep spaces uncluttered by ditching the drapes and rug, keeping the space simple.

Tip Six: White It Out

White creates a reflective quality, opening up a room to feel airy, light, calm & serene. It also simplifies a space and emphasizes the architecture, blurring boundaries between wall & ceiling (making ceilings appear higher).

Tip Seven: Emphasize the Vertical

Employ one element that emphasizes the vertical space in the room will increase the sense of openness. It also enhances the feeling of movement and flow.

Tip Eight: Emphasize the Horizontal

Create a sense of movement, by seamless transition from wall the ceiling of the horizontal, emphasizing the height and width of the room.

Tip Nine: Clear a Pathway

Clear a pathway by grouping furniture on one side of the room, so people feel unhindered, maximising the space.

Tip Ten: Use Breezy Fabrics

To maximise the open, airy feeling, employ the reflective power of white coupled with breezy, lightweight fabrics, avoiding anything that weighs the room down, and increasing the sense of airiness.

Tip Eleven: Above All, Keep It Simple

Keeping your palette and furniture to a minimum serves to create an open feel. Small spaces are all about editing. The more pieces, possessions and patterns you have in a room the more cluttered it will feel.

Enjoy this excerpt from an article by "Justine Hand" a Former New Yorker and Current Owner of a Small Cape Cod Cottage, who is familiar with both the charm and challenges of small spaces. She introduces us to ways to consciously create a cozy, zen-like retreat as opposed to the cramped, claustrophobic, and anything but restful interior space.

Be Inspired Article: 10 Questions with Shaun Donaldson!

**Who is The Real Shaun?**

I'm Victorian by birth, but grew up in Toowoomba Qld. I spent 12 years in Hospitality, working in Toowoomba, Mooloolaba and Brisbane. Hospitality was very good to me, allowing me to meet such people as Steve Irwin, Ugly Dave (Gray), Elle McPherson and her family and John Farnham. I got into improvisational theatre, where I made friends all over the world, and allowed me to travel to the USA twice. I moved to Melbourne in 2001 and started working in manufacturing where I became an unqualified printer. I was also introduced to my now wife, when I was asked to help with her English by writing her letters. After a visit to Vietnam, we decided to get married and on my second trip 6 months later got engaged. A year later she was here in Australia and we've now been married 9 years and have two great boys. I got out of manufacturing when the company I worked for was bought out, and went to work in one of Telstra's call centres. After four and a half years I moved from there into a store where I became the Tech Expert, and have been doing it for nearly seven years.

Which five words best describe you?

Patient. Caring. Laid-Back. Geek.

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

My first paying job was a delivery driver for Pizza Hutt, which lead into 12 years of hospitality. Now I deal with tech and not food.

What's your proudest achievement?

My boys.

What's been your best decision?

Marrying my wife.

Who inspires you?

Not so much as a who, but a belief. I find the tenets of Buddhism very inspirational.

What are you passionate about?

Star Wars. I have heaps of Star Wars paraphernalia.

What's the best lesson you've learnt?

Don't let things get you down. There's a solution for everything.

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

Probably the original Buddha.

What dream do you still want to fulfil?

Travel through Europe to visit all the historical sites.

What are you reading?

Currently I'm trying to read Game of Thrones: A Clash of Kings.

Daily Hint: Scale Back Something Daily!

Thank you! Your Daily Hint this month is to find something each day that you will discard, downsize or scale back. This can be anything and it does not have to be tangible. For instance, you could decide one day to let go of having to please people, or downsize the next day something from your wardrobe and take it to your local charity, or scale back on using social media, etc. A great question to ask yourself is "Is this useful or beautiful" and if not let go!

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, Shaun Donaldson. Shaun is such an inspiration to myself. Being the perfect role model this month, he is a person that doesn't over complicate things. We can always learn from Shaun's direct (minimalistic) approach to seeking a solution to every challenge. Also, not only is Shaun a fabulous person, I like the way he streamlines his valuable time around his family as a devoted husband & Father.

"

As you simplify your life, the laws of the universe will be simpler; solitude will not be solitude, poverty will not be poverty, nor weakness weakness."

Henry David Thoreau

Yours sincerely,

karen vella

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Voucher of Entitlement

This voucher entitles YOU (the holder) to a simple piece of advice for your de-cluttering process: 1. As you sort, touch the item and 'Ask yourself: 'Does this make me feel joy?' 2. If not, it is time to give away, throw out, or donate to charity... (Please pass this voucher on to anyone whom you know could benefit - please remember to mention YTO -

karen@youretheone.co.au.)

Offer Expires: 29 February 2016

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