

You're The One Newsletter

YES YOU ARE FABULOUS!!

Issue 11 Vol 11 November 2016

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What's New With Karen

Welcome to November! During October, I was reminded that in the rush of life, sometimes we forget how fabulous we are along the way. This newsletter is a reminder for you to stop, pat yourself on the back and say "Well done. I am amazing. I am fabulous." As we head towards the end of the year, I would like you all to simply take some time to celebrate you!!! Afterall, you've achieved so much this year, and for some of us, it has been a challenging year (the good news is with challenges come rewards and often hard won victories!!). So, this newsletter is intentionally going to be short and sweet just so that you too can be reminded of how simply fabulous you are! Take a moment, take a bow, look in that mirror and say some simply fabulous words to yourself!!! Here's to celebrating yourself and how far you have come this year - your rewards are in store!!! Love Karen XXX

Mojo Tip: See *Your* Fabulousness in *Your* Mirror!



Hollywood Actress, Producer, Director, Singer, Goldie Hawn

The 11th step on your mindful Mojo mindset for 2016 is to know and value yourself on a true deep core level as being pretty fabulous!! People with Mojo appreciate, acknowledge and celebrate themselves. They know there is one thing they are perfect at - and that is being themselves - simply utterly fabulously themselves. These Role Models notice their own awesomeness looking back at themselves from their Mirror (not in a vain way, but in a way of valuing themselves). You'll know you come across one of these Mojo specimens, by the calm, self assured way they reflect back to us! They simply treat themselves as their own best friend! A perfect example is the gorgeous Hollywood Actress, Producer, Director, Singer and grandmother of 70, Goldie Hawn. Recently Goldie arrived on the Gold Coast and was interviewed by Richard Wilkins on the Channel 9 "Today" Show (*She is also in Melbourne to launch her Show "A Night of Laughs with Goldie."*) I was so drawn to her as she exudes that rare joy, peace, self love, calm and self assuredness I mention above. (Note: She credits herself as being very secure saying "A diva is only a diva when they are insecure - and I don't have insecurities.") What makes her absolutely fabulous is her beauty on an inner level. Goldie is a very

spiritual person and through her 'The Hawn Foundation' she has been helping more than a million kids worldwide manage stress with her MindUP program. The program introduced 13 years ago is in eight countries, even some in Melbourne. Goldie says "Our children are doing beautifully. We're managing stress for our kids and giving them the tools they need to have a happier life." She simply is a woman who knows her own awesomeness and I think we can learn from her. We can remind ourselves to return to that deep sense of knowing of our self worth, self love, calm, joy and assuredness about who we truly are! This month it is time to take a bow, and truly appreciate YOU for all your uniqueness in the world. I think it is particularly important as we head towards the end of the year (*when many of us are still ticking off our activities & to do lists*), to take a moment & truly acknowledge the Beautiful Unique Absolutely Fabulous Person looking back at you in the Mirror! It's time for you to acknowledge, validate and celebrate YOU!!! Start by rejoicing, proclaiming with positive emotion your own intrinsic beauty exuding from the inside out! Remember, if you don't celebrate yourself no-one else will! Plus the degree to which you can accept, appreciate, love and celebrate YOU is the degree to which you do the same for others!! So there are so many benefits for you and your loved ones and the people in your world!! So look in that mirror and tell yourself how "Absolutely Fabulous You Are." And remember it's great to pay it forward by asking others "Have you Forgotten How Fabulous You Really Are?" And letting them know just like you, it's time they were reminded of their Fabulousness too!! Love Karen XXX

Life Coach Tool: 7 'Fabulous' Secrets of Goldie Hawn

IF YOU ALLOW YOURSELF TO FEEL FABULOUS, YOU ARE FABULOUS

If You Allow Yourself To Feel Fabulous You Are Fabulous

In continuing my theme of feeling wonderful from the inside out, about who we are, I'm inspired to share with you some of Goldie Hawn's secrets to how she keeps her sunny disposition. Find below some inspiration:

Secret 1: Develop a Spiritual Life

It's not the idea of a particular religion that's important; it's the development of a spiritual life. Because spirituality creates well-being, health and happiness.

Secret 2: Make Meditation a Priority

Start to think of meditation as an everyday task, like brushing your teeth; it's all about habituation. Do what it takes to establish a routine, even if it is 3 minutes 5 times a day; take regular brain breaks, and breathe.

Secret 3: Eliminate Negative Thoughts

When you feel weighed down by negative self-thoughts, find another weight to put on other side of scale to give it balance. That is becoming more forgiving, understanding others, being more self-aware and eliminating negative self-thoughts.

Secret 4: Start a Journal

Journaling is an important intrinsic experience, and gives you a chance of understanding what it is to quieten your mind.

Secret 5: Take Time For Yourself

The important thing about boosting happiness is basically taking time for yourself - give yourself time so you can appreciate the life around you.

Secret 6: Do Things You Love To Do

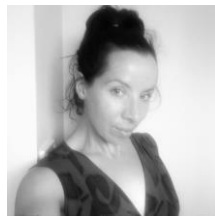
Become mindful of what it is you love to do and do more of it; it may be walking in nature on your own, or catching up with friends.

Secret 7: Create More Intimacy

Creating more human intimacy is vital. As humans it is vital to feel another's energy, touch, connect, feel the love and support - all things tablets/smart phones and social media cannot do!

Goldie inspires me in so many ways, but it is her pure vitality and love for humanity that makes her such a breath of fresh air. She has cultivated success - a wonderful relationship with herself, her partner Kurt Russell of 33 years, being not only a Mother of 3, & also being a step-mother, and is devoted to creating a world where children's well-being is at the forefront with her MindUp programs. She is a woman, I personally look at and know, that she has done the work on her own anxiety to now teach others how to live well, age well, cultivate spirituality and raise happy stress-resistant children. She is simply a glowing model of a woman who exudes her own unique sense of FABULOUSNESS!!!

Be Inspired Article: 10 Questions with Rachael Matumla!



Who is The Real Rachael?

My name is Rachael. I'm a genuine, positive person. Family is everything to me in life. I'm happily married, with one daughter and another child on the way. I've been on a journey through my life experiences. Moving to Melbourne from Geelong has been life-changing. In my previous career in Retail, I was in a well-paid Management position, however with that came the stress, which affected my health, happiness and well-being. I then changed my career into the Fitness Industry after deciding I wanted to live a healthier, happier and stress free lifestyle. I believe you have to enjoy your job/career as you do spend a lot of your life at work.

Which five words best describe you?

Happy. Confident. Caring. Friendly. Honest.

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

1st Job at Big W and then Retail for 7 years. Since then I've worked in the Fitness Industry.

What's your proudest achievement?

Definitely, my daughter (I'm also currently pregnant expecting another child).

What's been your best decision?

Moving to Melbourne at 18 years of age, which has given me a lot of opportunities in life.

Who inspires you?

Anyone who is happy in their life.

What are you passionate about?

Fitness, health & living a fit and healthy lifestyle; and motivating others to do the same.

What's the best lesson you've learnt?

To become a more confident person because it has gotten me far in life.

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

My Grandfather (on my Dad's side); he passed away before I was born (he died quite young - in his 50s).

What dream do you still want to fulfil?

To further my career in the fitness and healthy industry; possibly into massage, physio and other areas.

What are you reading?

'Every Woman' by Derek Llewelyn-Jones. It is a pregnancy guide for life.

Daily Hint: Find Ways Daily to LIVE FABULOUSLY:

Thank you! Your Daily Hint this month is to truly remind ourselves daily that we are simply fabulous!! Just watch what happens as you let your fabulousness shine - see how it has a domino effect on others in your world - as they mirror it back, and then on to others in their worlds! It all starts with YOU!! Find new ways daily to feel, breathe, express your fabulousness and let it shine!!!

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 be able to introduce you to 'a genuine ray of sunshine' Rachael. Rachael always greets me with the most happy, warm, smile and open heart whenever I see her. Just seeing her makes you feel good:) I was

intuitively guided to interview Rachael this month and she is the perfect example of a woman whose fabulousness needs to be validated, acknowledged and celebrated. Be inspired by Rachael's journey away from stress into a positive, happy, healthy family and work life. We can all take some lessons from Rachael and apply them to our lives for more joy!!! Be FABULOUS just like Rachael!!

"A girl should be two things. Classy and Fabulous."

-Coco Chanel

Yours sincerely,

karen vella

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**VOUCHER
ENTITLEMENT:**

**'YOU ARE
FABULOUS'**

Pass this Voucher on to anyone you know who needs to be reminded of their own FABULOUSNESS!! Simply pay it forward (*you never know - the person who you least expect; could be the person who most needs a little more joy and happiness in their day*). Let's bring a smile to someone's dial and tell them: "YOU ARE FABULOUS!!".

Pass this voucher on to anyone whom you know could benefit and please remember to mention YTO -

karen@youretheone.com.au;

Offer Expires: 30 November 2016

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