

# You're The One Newsletter

DAZZLE & SPARKLE INTO 2017!!

Issue 12 Vol 1 January 2017

## In This Issue

[What's New With Karen](#)

[Mojo Tip](#)

[Life Coach Tool](#)

[Be Inspired Interview](#)

## Karen Recommends



### COMING SOON TO THIS SPACE!

2017 - Mojo Classes  
2017 - Best Year Workshops  
2017 - Webinars  
2017 - New Products  
2017 - 1 on 1 Life Coaching  
And more....

## Quick Links...

[Our Website](#)

[Products](#)

[Services](#)

[More About Us](#)

[Join Our Mailing List!](#)

## What's New With Karen

Welcome to January 2017! I smiled knowingly when recently passing a billboard displaying the sign, 'What Happened in 2016 Stays in 2016. Get Ready for 2017.' 'Oh My Goodness! Hallelujah!' I thought to myself - there must be others feeling like I have in 2016 - so glad to leave it behind. The good news is many have said that 2016 was the 'Year of Finishing Off' and 2017 is the 'Year of Brand New Starts' which is absolutely exciting. Simply said, it's the 'End of an Era' for many of us of a cycle that has finally come to a close over a year or more. Now we get to start a whole new exciting book in our lives. So, as we move forward into 2017 I want to take this opportunity to wish you and your family the happiest year of your lives!!! May you step into 2017 bedazzling and sparkling like never before as your perfect opportunity awaits to reinvent A Brand New You in A Brand New Year. Love Karen XXX

## Mojo Tip: A New Era -Magic! Sparkle! Stardust!

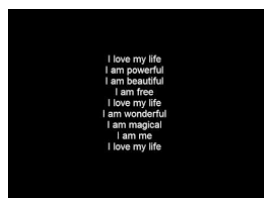


The Late, Debbie Reynolds, Hollywood Royalty, Actress, Dancer, Mother, Businesswoman (1/4/32-28/12/16)

The 1st step on your mesmerising Mojo mindset for 2017 is to pay your respects to the past eras as you embrace a new and exciting future. People with Mojo have a gift for being able to honor the past, take from it its lessons, & to move boldly into the now, and confidently into the future. They are masters at recreation! And so at the beginning of a New Year this is the perfect opportunity for us all to remember it is time to sparkle, and dazzle. Speaking of sparkling and dazzling, my no 1 Role model that I am honored to pay tribute to, is the talented, beautiful, and brilliant actress, singer, dancer, mother and businesswoman, the late Debbie Reynolds. Debbie sadly passed away some days back at 84 (only days after her daughter, Carrie Fisher passed at 60) stating "I want to be with Carrie." Debbie Reynolds was Hollywood Royalty - moving from Texas to Burbank in her youth - where she was discovered and made it on to the Big Screen. It is said although not having the smouldering appeal of some of the movie stars of the day, she had the magic, the sparkle, the stardust that made her stand out - not just beautiful and talented but more. Just what the Big Screen thirsted for!! Yet, despite her sparkle on the surface, Debbie

Reynolds had quite a difficult life, from her early years, yet you would not have known that on the surface. She represented the "Good Girl Guide" values of the 1950s, and although growing up poor, she grew up in a happy & religious home, of scottish-irish and english ancestry. In reading more about her, I think this description by one of her oldest friends sums her up beautifully: *"I say this in all sincerity. Debbie can serve as an inspiration to all young American womanhood. She came up the hard way, and she has a realistic sense of values based on faith, love, work and money. Life has been kind to her because she has been kind to life. She's a young woman with a conscience, which is something rare in Hollywood actresses. She also has a refreshing sense of honesty."* The passing of Debbie Reynolds is like losing part of our childhoods that represented the goodness and innocence of a bygone Era, the 50's (an era I always love to watch for its classical hollywood films, its timelessness, its fashions, and its beautiful, talented stars). As we let go of a past Era, we can pay our respects to a Hollywood Icon whom we lost in the last days of 2016, and be inspired by her ability to sparkle and dazzle (despite what was happening under the surface in her life). Perhaps, we too, can take a leaf from Debbie that sparkling and dazzling can be something we embrace under all conditions and circumstances of life, and be reminded that we still can have the grace, poise, and faith to always stay strong and focus on "getting on with the show." Afterall, with sparkle, dazzle, hope and love - the sky is the limit!! We might even touch the pot of gold at the end of the Rainbow. If your world felt more mundane grey in 2016 - let's all get excited about adding more dazzle & sparkle in our lives in 2017!!! Love Karen XXX

### **Life Coach Tool: How to Sparkle in 2017: Love Your Life**



#### **Robbie Williams, Sample Lyrics - Love My Life**

I would love to share a powerful way to enter 2017 sparkling and dazzling - curious? Well this one is so enjoyable - all you have to do listen to the lyrics of the new Robbie Williams Song, "Love My Life." Simply play this song on You Tube as you enter 2017 because it simply will take you into the right heart vibration to sparkle and dazzle as you imagine your most magical self glowing in 2017, giving more power to your vision. Here are the lyrics below:

#### "Love My Life" by Robbie Williams

Tether your soul to me  
I will never let go completely  
One day your hands will be  
Strong enough to hold me  
  
I might not be there for all your battles  
But you'll win them eventually  
I'll pray that I'm giving you all that matters  
So one day you'll say to me  
  
I love my life  
I am powerful

I am beautiful  
I am free  
I love my life  
I am wonderful  
I am magical  
I am me  
I love my life  
  
I am not my mistakes  
And God knows I've made a few  
I started to question the angels  
And the answer they gave was you  
  
I cannot promise there won't be sadness  
I wish I could take it from you  
But you'll find the courage to face the madness  
And sing it because it's true  
  
I love my life  
I am powerful  
I am beautiful  
I am free  
I love my life  
I am wonderful  
I am magical  
I am me  
I love...

*When I saw Robbie interviewed recently, he shared that when he says "I am powerful, I am beautiful, I am wonderful" he is not saying how vain he is about himself, rather he is in a place now, of true contentment, being a husband, father and reformed alcoholic and drug addict. He has simply found the deep happiness and contentment in his soul after overcoming many battles - the deep joy I wish for all of us.*

### **Be Inspired Article: 10 Questions with Nikki Vandertogt!**



#### **Who is the Real Nikki?**

My name is Nikki and I moved to Melbourne from Perth, Western Australia 6 years ago. Growing up it was my Dad and my 3 brothers, I am the eldest of the children. I now live in Maribyrnong with my partner Adam, and our two cats, Tyrion and Rocket. After working in the Finance/Admin field for most of my life I decided to follow my passions and started night school to complete my diploma in fitness. I started my own Personal Training business back in 2015 and have been a contracted Preggi Bellies instructor since May this year. My business specialises in exercise for Pregnant women, and Parents and Bubs classes. This is something that I love so much, educating pregnant women about exercise and helping new mums get a bit of normality back into their lives. September this year I took a giant leap, leaving the familiar of the corporate world behind, backing myself and taking a position at Fernwood in Moonee Ponds. It has allowed my to take massive steps towards where I as suppose to be..watch this space.

**Which five words best describe you?**

Busy. Brave. Effervescent. Strong. Nurturing.

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

My first job was with McDonalds back in Beldon, West Australia. At that time it was one of the busiest stores in WA so I learnt very quickly how to swim when dropped into the dead end. That job has opened a lot of doors for me and I am still grateful for the experience even today.

**What's your proudest achievement?**

My relationship that I have with my partner. We have been together for almost 14 years which I think these days is a huge achievement. We support each other, we respect one another and we know when to bring the other back down to earth.

**What's been your best decision?**

Tricky as I have two. Moving to Melbourne 6 years ago would be one. Changing careers would be the second. With both decisions, it was about having the guts to say - "You know what?! I can do so much better, it might seem a bit scary but I will give it a go!"

**Who inspires you?**

My clients inspire me every day, especially my lovely pregnant ladies.

**What are you passionate about?**

Hugely passionate about Womens Health, and the difference that exercise can have on well being and mental health. I want to educate women that you can exercise safely throughout your pregnancy and the benefits are amazing. I want to create a community where new mums can get together and chat about whats is going on with them. No one is ever alone and as a Personal Trainer, I have an amazing position where I can help.

**What's the best lesson you've learnt?**

Back yourself. Don't let other people control your path.

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

I would love to meet up with my Nanna again, she passed away a little time ago now. Just for one more hug! Nannas give the best hugs!

**What dream do you still want to fulfil?**

I want to travel a bit more but first I want to open my own space for my business. Thats not a dream though, I will get there ;)

**What are you reading?**

'#Girlboss' - it was a gift from a friend and it was a book that snapped me into action a few months' back.

---

**Daily Hint: Daily Remind Yourself that You Love Your Life.**

Thank you! Your Daily Hint this month is to play the Robbie Williams Song 'Love my Life' daily so that you can step into the energy of truly embracing and attracting and manifesting more of what you love in your life!! Keep your focus daily on dazzling yourself with reminders of the life you are creating which you simply love. Remember what you send out to the Universe comes back - embrace love, dazzle and sparkle!

*I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm so happy to introduce you to Nikki. From the first moment meeting Nikki she has stood out to me, not only her dazzling personality, but she has that beauty and sparkle on the inside that simply glows out of her. I admire so many things about her, and especially her journey of braveness making the bold leap from the stress of the corporate world into her own personal training business which she was born to do. I can't think of a more suitable role model for my 1st newsletter of 2017 than to introduce you to the sweet, refreshing energy of a woman that dazzles & sparkles each day! Nikki is a stand out in natural & healthy effervesence! Be happier reading Nikki's Story!*

*'She who leaves a trail of glitter is never forgotten.'*

*Unknown*

Yours sincerely,

*karen vella*

*yto owner & founder, performance consultant & life coach (cert iv)*

*yto nlp practitioner (nlp, Time@Line Therapy, Hypnosis, Coaching*

*M:0419570011 |*

*E:karen@youretheone.com.au | W:www.youretheone.com.au*

**YOUR**  
**NEW YEAR**  
**MESSAGE**  
**A GIFT FOR**  
**2017:**

*'Leave Sparkles*

*Where  
ever*

*You Go'*



Let this be your message for 2017. A reminder to you to stay simply dazzling and sparkling. Pass this on to your loved ones to remind them they too can recreate the magic in their lives in 2017.  
Love karen at yto:

[karen@youretheone.com.au](mailto:karen@youretheone.com.au)

Offer Expires: 31 January 2017 (Offer above has no expiry date lol!)

Copyright © You're The One

Disclaimer: The ideas, thoughts, concepts and models (Information) that have been detailed above are those of the person sending you this communication and do not take into consideration your business finances, risk profile, legal and specific needs for your business. You should always seek sound financial and legal advice if you are unsure whether to act upon the Information provided. You agree to assume the entire risk as to your use of this Information. You agree to hold You're The One, its directors, shareholders, employees, agents, representatives and affiliates harmless in any claim or event.

IMPORTANT NOTE: You have received this email because you have subscribed to a past newsletter, readers resources or other communication. If you no longer wish to receive this message, please unsubscribe or change your preferences. (see the links at the bottom of the page). Please don't use the junk mail filter on your mail service as it prevents other subscribers on your USP from receiving their mages - thankyou!