

You're The One Newsletter

TRUE TREASURE-A HEART OF GOLD!

Issue 12 Vol 3 March 2017

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What's New With Karen

Welcome to March 2017! Recently I was so touched and surprised by a beautiful gift from a stranger. Although I had never met this person, I knew immediately they to be kind - with a heart of gold!! And so it was incredibly synchronistic, watching the news in February and discovering there were in fact 'Heart of Gold Awards' happening. These people are our everyday heroes of our society - not only professionals like Paramedics, but everyday folk who step in (no matter what the inconvenience) and reach out and deliver a service, or even a grand gesture of saving another's life. So, this month I dedicate to us all doing things for others - no matter how small - I just know that your heart of gold will be truly appreciated. And, I do believe that when you bless others, you are blessed 10 times in return. So, here's to discovering your Heart of Gold and helping others find theirs too! Love Karen XXX PS Happy Birthday to my Beautiful Mother on March 1, and Wonderful Father on March 2.

Mojo Tip: Pure Gold - The Beating of a Heart of Gold!



Will Goodfellow, Director, wins the Heart of Gold International Film Festival 2016

The 3rd step on your mystical Mojo mindset for 2017 is to embrace a pure-hearted approach to life. People with Mojo know how to guard their hearts, as their hearts are the foundation or the well-spring of life. For this reason, they examine within the depth of their hearts to seek to live with more purer intentions and motives and rid themselves of selfishness, pride, envy, greed, and gluttony. They courageously search and bring to light their truest goals, desires, and intentions. With this pure hearted approach (stemming from the heart, and driving their thoughts and actions) they find their life heading down a new fork in the road (often a much happier more fulfilling, and more peaceful path). When I think of a Mojo Role Model who demonstrates what it means to have a heart-of-gold it is the Sydney-based, Film Director & Script Writer, Will Goodfellow, whose short film 'The Spa' won the 21016 'Heart of Gold International Film Festival' in Gympie late last year. *"The 'Heart of Gold' Film festival is a 4day international programme showcasing 120 short films from all genres that best capture the vision of "positive, witty, whimsical, entertaining, joyous, uplifting, quirky, enlightening and ground breaking. They can be edgy, they can be thought-provoking and they can be downright*

hilarious - as long as they beat with a good heart." Will Goodfellow's movie 'The Spa' is centred around the following theme: *'When retiree Don declares he no longer wants the new spa he's just ordered, Ivan the deliveryman suspects there's more to the story than Don is willing to admit.'* Only 8 minutes but so poignant, starring Sean Conway, Chris Haywood, and Jay Laga'aia it took out the top awards last year. I believe we need more people with hearts of gold who can showcase to the world the beauty of being a good-hearted person. People with hearts of gold make our days happier - they glow with goodheartedness and reach out in service to others. I hope this inspires you too to embrace a goodhearted approach to life and show others some acts of kindness that truly touch, inspire, and uplift their days. Love Karen XXX

Life Coach Tool: Watch the Preview of 'The Spa'



Will Goodfellow's Award Winning (Heart of Gold) Short Film 'The Spa'

The tool this month is simply to watch the preview...and be touched...

Just type in to your web browser to watch ["The Spa"](https://vimeo.com/171993619)

<https://vimeo.com/171993619>

Be Inspired Article: 10 Questions with Alison Smith!



Who is the Real Alison?

I write stories about Melbourne and its surrounds. I love writing small stories, where there aren't a lot of characters and the plot is focused quite closely on them. I write zines, books, short stories and I co-edit the zine Concrete Queers, which is a collaborative zine that is made by queer people and every contributor is queer too. I grew up in the Dandenongs and I still live in the eastern suburbs. Currently I'm working in a call centre, and I'm going to start writing my next book soon.

Which five words best describe you?

Cheerful. Honest. Lazy. Quiet. Introverted.

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

My first job was in a second-hand book shop with two of my best friends from high school. Since then I've worked in a tourist railway, a high school, a uni, many cafes, different book shops, a fruit farm, a call centre, as an author, as an editor.

What's your proudest achievement?

My latest book 'Ida' just came out and I'm very proud of that! It was published by Echo this year and it's the best thing I've ever written (*written under name Alison Evans*).

What's been your best decision?

Getting into zines. Zines are very DIY self-published things. A lot of the time they take the form of a booklet and are made on a photocopier.

Who inspires you?

My friends that are artists, I love seeing them create things and share it with me.

What are you passionate about?

Writing, the evolution of language, gender, the internet.

What's the best lesson you've learnt?

I'm not sure really! I think the thing is to not give up, if you really want it hard enough, work hard enough and get enough luck, you can do it.

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

Jorge Luis Borges, an Argentine writer of short stories. He had amazing, huge ideas that he could fit into very short stories, some were only half a page long.

What dream do you still want to fulfil?

I would really like to be able to live off my writing.

What are you reading?

I've just started '1Q84' by Haruki Murakami, which I'm really loving so far!

Daily Hint: Daily Reminder to Focus on Being Good-Hearted

Thank you! Your Daily Hint this month is to daily focus on being good-hearted. Sometimes that may mean 'turning the other cheek' or simply 'smiling and being kind-hearted to those around us'. Whatever it is, you can make a huge difference in the days of so many people. You, too, will gain immensely from this, as you will be filled with the endorphins of the 'feel good factor' from truly making someone else's day. Don't forget yourself - being kinder to yourself is the start:)

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 Alison. Alison is such a delightful person - always pleasant, happy, and helpful - a person with a heart of gold. Alison is a talented writer however, perhaps even more poignantly, a great example of how being a decent, good hearted person really has an impact on those around them in such a positive way. Be inspired by Alison's inspirational journey and her message to us all of the power of 'never giving up'. Thankyou Alison for being YOU!!

'Blessed are the pure in heart for they will see God

.'

-Matt: 5:8-

Yours sincerely,

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THANK SOMEONE FOR THEIR

Heart of Gold

This is your opportunity to show someone that YOU appreciate their 'HEART OF GOLD' and that their presence in your life has had a positive impact. Remember to mention karen at yto karen@youretheone.com.au



Offer Expires: 31 March 2017

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