

You're The One Newsletter

YOU ARE PRETTY!

Issue 13 Vol 5 May 2018

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What's New With Karen

Welcome to May 2018! During April I was reflecting upon the synchronicity of how life delivers us little messages all the time. The Movie "I Am Pretty" starring Amy Shumer is currently showing in Australia & I was inspired initially by an interview of Hollywood Reporter, Nelson Aspen, on Sunrise on Morning TV of the film's star, Amy Shumer. The next day, our Gym was offering a promotion, and I donated my two tickets to one of my colleagues who went along to a screening with her daughter and said it was 'Amazing'. I can't wait to see it myself! The movie is about believing in ourselves and how often our self esteems are chipped away systematically on a daily basis by the world at large. The film uses humour to deliver a message about empowering oneself and not giving so much value to what the world thinks about us. It is about taking off the invisibility cloak, instead, finding out what makes us feel good and what makes us, us, so we can go out and feel good about ourselves. Know that everybody has these insecurities and feels invisible from time to time. Let's find out who we are and be truly visible when we walk in a room. Feel pretty in your own skin! Love Karen XXX

Mojo Tip: Brush it off, Be You, Be Visible.



Amy Shumer, American Stand-up Comedian, Actress & Star of Movie "I am Pretty".

The 5th step on your marvellous Mojo Mindset for 2018 is to be you & be visible. People with Mojo empower themselves, mastering the art of not measuring themselves on the world's/others perceptions. These Mojo-esque role models stand confidently in their own value and visibility in the world. My perfect Mojo role model this month is American Actress and Stand-up Comedian, Amy Shumer. I love Amy Shumer, who is currently starring in the film "I feel pretty." The film talks of a person who really struggles with self-esteem and feels invisible and learning where her worth is actually coming from. Amy wants people to take this message from the movie: "I want people to feel great. There are those handful of movies that you see over the years that when you leave, you're just like "Yes!" I really want that feeling and I want it to be sustainable and have people realize it. The next time people have a moment when someone says something negative to them, I want them to go "No." I want them to be equipped to brush those moments off and say, "Your experience of me is not my reality." And it's not about the way I look; it's about the energy I'm

carrying. You can feel that, when someone walks in a room, it doesn't matter if they're the most beautiful person you've ever seen, you can see that they wish they could just hide. Amy suggests the movie also speaks about 'judgemental looks' directed by others at us, without saying anything. "When your perception of yourself is so low, you read those looks as about yourself in so many different ways. They might not be giving the looks you feel. However, if you walk up real confident to someone, they might go "Oh, wow! Who's this?" But if walk in and you literally wish you could put an invisibility cloak over you, people are going to respond in that way." When asked if it was more difficult for Amy to play the version of Renee with no confidence or the one where she's bursting with confidence, Amy replies: "It was harder to play with no confidence, because I had to make myself real vulnerable for that, and I don't ever feel that way or let myself feel that way for long, so to live in it take after take was tough. Just the part of me looking at myself in the mirror, which was not scripted, I said "I want this. I want to just stand there in Spanx-and capture those moments you have as a woman or a man or anybody, where you just look disappointed in yourself, because that is what the world is making you feel you deserve. That was more challenging than feeling like Beyonce. It was really good for me." I love Amy's message - let's now stop measuring ourselves on what the world seems to be implying. Let's feel great about who we are. Here is our new mantra. I am visible. I am valuable. I am confident. I am empowered. I feel pretty! Love Karen XXX

Life Coach Tool: 10 'Feel Pretty' Tips Inspired By Amy Shumer



Change Everything Without Changing Anything. I Feel Pretty Movie Trailer Release.

After watching Amy Shumer's various interviews on US/Australia TV since the release of the movie I've personally summarised my own list of 10 of Amy's insights about how to feel good about you.

Amy's 10 tips for "I feel pretty":

- 1) You are not alone.
- 2) Most people suffer/have suffered from low self esteem.
- 3) Desensitise yourself from other's comments on you.
- 4) Don't let others influence your baseline of confidence.
- 5) Your confidence comes from who you are & what you do.
- 6) Do the work on how to make yourself feel great.
- 7) It's about learning to love yourself.
- 8) Feel good in your own skin (its not about how you look).
- 9) What's on the inside is what truly matters.
- 10) Self Love is what makes you really attractive.

Following the 10 tips above, you will be well on your way to transforming yourself into a person who truly values themselves - knowing in the end that it is your own acceptance, confidence and self love which is what will make you feel truly attractive. Feel deservedly pretty no matter what your age or gender.

Be Inspired Article: 10 Questions with Kerry Chillemi!



Who is the real Kerry?

Dr Kerry Chillemi holds post-graduate training in clinical psychology (Professional Doctorate in Clinical Psychology). She is registered with the Psychology Board of Australia (Australian Health Practitioner Regulation Agency), and is a Medicare Provider under the Better Access to Mental Health Initiative. Dr Chillemi has experience in the welfare, health (St Vincent's Hospital) and private practice sectors, where she has enjoyed successfully helping people bring positive change to their lives. Her approach is grounded in evidence-based therapies, particularly Cognitive Behaviour Therapy, Mindfulness, Acceptance and Commitment Therapy, Schema Therapy and Emotion Focused Therapy. She practices from an approachable client-centred style and uses evidence-based therapies tailored to the client's individual's needs. Respect, Hope and Perseverance are key to a valuable learning experience that promotes positive and sustained outcomes.

Which five words best describe you?

Respectful. Hopeful. Persevering. Curious. Compassionate.

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

My first job was in the hospitality industry (food and beverage), and I am currently working in private practice as a Doctor in Clinical Psychology.

What's your proudest achievement?

Becoming a mother.

What's been your best decision?

The delayed gratification of obtaining post graduate qualifications has allowed me opportunities and experiences far beyond what I initially imagined.

Who inspires you?

Teachers.

What are you passionate about?

I have always had a love of learning.

What's the best lesson you've learnt?

Struggling with personal pain is like trying to get out of a Chinese finger trap. In the first session of treatment I educate clients that it is our stories about distress and attempts to escape from it, that can amplify our pain and leave us feeling stuck.

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

Jeffrey Young, the developer of Schema Therapy.

What dream do you still want to fulfil?

Writing a self-help book to help people understand how their unconscious urges and existential thoughts can provide answers to positive and sustained growth

What are you reading?

'Love's Executioner' by Irvin Yalom and 'The Man Who Mistook His Wife For A Hat' by Oliver Sacks.

Daily Hint: Daily Reminder to Adopt the 'I am Pretty' Mindset.

Thank you! Your Daily Hint this month is to daily adopt the '10 Tips from Amy Shumer to Feeling Pretty'. Daily focus on lifting your self esteem, and reinforcing that it is your own confidence and self love that truly makes you an attractive person. Desensitise yourself to others and their comments, words, looks etc. Raise your baseline confidence level. And then as a suggestion perhaps go and see the Movie! You are pretty! You truly Are!!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I am so happy to introduce you to a wonderful role model, Kerry Chillemi. Kerry is a gorgeous person, she is kind, thoughtful, compassionate and committed to helping others, especially with her practices of Schema Therapy, and other evidence based techniques. She is an incredible woman who offers hope in assisting others to raise their self esteem in a world where we need the resilience to be buffered against it. Thank you Kerry - you are a very special person. Love Karen xxx

Although beauty may be in the eye of the beholder, the feeling of being beautiful exists solely in the mind of the beheld.'

-Martha Beck-

Yours sincerely,

karen vella

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**A MESSAGE JUST FOR
YOU!**

A special message just for you and to send on to your friends, family,
loved ones, colleagues:



Please mention Karen at YTO when making contact
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Offer Expires: 31 May 2018

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