

# You're The One Newsletter

THE TRANSFORMATIVE POWER OF BEAUTY! Issue 13 Vol 11 November 2018

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COMING SOON TO THIS SPACE!

2018 - Mojo Classes  
2018 - Best Year Workshops  
2018 - Webinars  
2018 - New Products  
2018 - 1 on 1 Life Coaching  
And more....

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## What's New With Karen

Welcome to November 2018! During October something seemed to be sprouting under the surface, ready to break through the soil, bloom and blossom - my constant theme - the hidden power of the transformative effect of beauty. Think about this? When was the last time you bought YOURSELF a bunch of flowers, or looked in the mirror with love, or sat down 'dressed for dinner' by yourself and treated yourself to a meal as if going to a 5-star-restaurant, or bought yourself that special something you have long been yearning for, yet were putting off? Whatever you are dealing with, remember, the number one person whom you need to attend to is YOU!! Even if you are the most caring person on the world, if you are not looking after YOURSELF you won't be able to take care of another. Sometimes, the greatest way we can help others in our lives, is to step back from others, reconnect with the beauty in our lives, and then reconnect with our loved ones in our own beautiful way - serene, calm and peaceful. In November I am happily sending you a little message - isn't it time you spoilt yourself with a little beauty and magic! Love Karen xxx

## Mojo Tip: Dame Anna Wintour: World's Fashion Expert



Dame Anna Wintour, British-American Editor & Fashion Journalist, Editor-In-Chief Vogue, Artistic Director, Conde Nast.

The 11th step on your majestic Mojo Mindset for 2018 is to surround yourself with beauty. People with Mojo live with beauty in all aspects of their lives. They start with their own selves. They also make their homes (and workstations) places of beauty and worship. They have learned the secret hidden transformational power of living with beauty in their lives moment by moment and not for special occasions only. They are beautiful Role Models to us all. When I think of someone I admire in this area as a Role Model, Anna Wintour comes to mind. For those of you who may not know, Wintour (the incredibly youthful, soon-to-be 69yo) is said to be the most powerful woman in the fashion industry in the world. Wintour is a British-American Journalist and

Editor, and has been Editor-in-Chief of Vogue since 1988, and Artistic Director for Conde Nast, Vogue's Publisher, since 2013. She is recognizable from her trademark, dark sunglasses, pageboy bob haircut, and aloof demeanour. She is said to be the 'fictional' character behind Meryl Streep's amazing portrayal in the Devil Wears Prada. I've studied Anna Wintour of late, and despite all the criticisms aimed at her, I was surprised to find I was overall fascinated, & inspired by this highly successful, enigmatic, figure. Wintour is a divorced mother of 2. She lives a lavish lifestyle yet is disciplined, and in fabulous health and shape for her age. Her secrets are: in bed by 10.30am, up at 5am, 1 hr of tennis in the morning, starbucks for breakfast (latte/possibly scrambled eggs); lean protein and salads as her diet, no alcohol, no junk food. Whilst we are not on her \$200K fashion budget per year, it still takes a lot of discipline to be as motivated & intrinsically-driven as Wintour. Whilst at the forefront of the fashion industry worldwide, she, herself, is very regimented both in her lifestyle, and her fashion. It is said she wears the same shoes 'Manolos' in different shades that match her skin tones, her hair is always perfectly coiffed (twice per day blow-waves), she wears the same dark black sunglasses, and favorite necklaces, and clothes that follow a similar format. Asked recently 'what would be the worst fashion faux pas she was direct 'head to toe black'. There is so much more about Anna I could write, albeit to say, I find her someone I admire, something of an icon, and someone whom we can learn from, especially in the way she shows people worldwide how to transform themselves with beauty and fashion, and who is a glowing example of fabulous health, and a lithe physique. She is also a master (in having her needs met). For those of us, living on a limited budget, Anna's advice would be to 'go out and buy a \$20 lipstick.' May this be a lesson for us all! There is no excuse for not living with beauty in our lives and making ourselves and our lives a reflection of this beauty. Make a decision to lead by example to others in the world that by YOU feeling BEAUTIFUL you are actually making yourself HAPPIER, and the world a better place. So I inspire you to start today, by giving yourself permission to B-E-A-U-T-I-F-U-L daily! Yes, each and every day! Not as a special treat - that is each & every single day (even if it means picking yourself a flower from the local park). Love Karen XX

### **Life Coach Tool: 9 Tips: Live a Posh Life On A Budget!**



#### **'Posh on a Budget'**

*Kelly O'Brien is a Wellness Blogger in the US (CleanGreenMind) and her message is Wellness For You - We - All! Kelly's journey is a wake-up call to all, formerly living a luxurious lifestyle until a health crisis rocked her existence, forcing her to leave her job, and spend all her savings on medical costs. Previously, living a luxurious life in Chicago the US, with a career in medical sales, travelling the world, and buying her favourite fashion items at a whim, now meant forcing her to live on a drastically*

*reduced budget. Kelly's message is inspirational - that you, too, can live a healthy and posh lifestyle on a shoestring budget. Kelly says 'You just need to be smart with the resources you have. A little humility goes a long way, too. Below are Kelly's top 9 tips:*

**Tip 1. Find a financial plan that works for you and stick to it.**

I've followed a financial budgeting plan for the past 15 years actually. It's a 7-Step Plan that helps you save, budget, eliminate all debt and create a financial life that equates to financial stability regardless of your salary. It's clear, simple, and the steps are followed in order, it allows you to live well on any budget.

**Tip 2. Negotiate at the farmer's market.**

You can eat organic produce and other healthy foods on a shoestring budget! Promise! If you're near any farmer's markets, stroll in toward the end of the day when they're packing up. Tell them you have a small budget, but it's important to you that you nourish your body with organic greens and fruits.

**Tip 3. Learn how to eat well on a budget.**

Find resources online of how to eat easy, cheap and healthy meals. Also, have conversations with plant-based food bloggers. I followed tips and found that I now eat better on a budget that I did when I had an unlimited budget.

**Tip 4. Find ways to exercise and relax in nature.**

Grab your loved ones and spend a day hiking or lying on the sand reading a great book. If you want to have a romantic evening with your special someone, purchase an inexpensive bottle of wine. Grab a blanket and go sit at your favorite park to sip and chat. If you have a bike, you can cycle for miles to explore new neighborhoods.

**Tip 5. Join meetup groups!**

They often host free events where you can mingle and have a blast! I also did a very simple google search of "Free Events in (whatever city you live in)" and turned up a treasure trove of fun things like group picnics in the park, 5K runs without a sign-up fee and amazing book clubs. Enjoy your surroundings without spending a penny!

**Tip 6. Let your friends know about your new financial limits.**

If you can afford to go to restaurants, order an appetizer or split an entree with a friend who you've already informed of your budget. It's a lot cheaper than getting your own meal. When you travel, stay with friends instead of shelling out for a hotel room.

**Tip 7. Shop at thrift stores or high-end clothing swaps.**

You can look the part without paying for it! Shop at outlet stores or consignment shops. Another tip: wait until the end of each season, when the sales are out of this world! Learn to live with a few quality basics in your wardrobe that you can transition from day to night with a simple accessory or even makeup change.

**Tip 8. Focus on accessorizing rather than buying new outfits.**

You'd be amazed what a brightly-hued scarf can do for a basic t-shirt and skirt.

**Tip 9. Work hard.**

I have humbled myself in ways that have shocked even me. And you know what? It feels really good. If your budget is not providing the lifestyle you want, consider projects for people in your community. You can tell them that you have a small budget and would love some extra "shoe money." Offer to babysit, dog walk, organize closets, clean their home, etc. And lastly, if this is option is available to you, try to get a better-paying job.

*As Kelly says, there are countless ways to live a healthy and amazing lifestyle on a small budget! Give them a try and what you might find is that your life is much more rich then when you had an abundance of money. Now you can see there is no*

*excuse, whatever your circumstance in life, for living without feeling absolutely beautiful, no matter what budget you are on! Spoil yourself Today! Beautiful You - Beautify Yourself and Shine Out on any Budget!*

### **Be Inspired Article: 10 Questions with Sarah Wigglesworth!**



*(Sarah prefers to let her beautiful Hydrangea reflect her beauty without a personal photo).*

#### **Who is the real Sarah?**

My name is Sarah and I have just opened a little Homewares Store on St Kilda Rd. I'm super keen to make it a success and for people to love the product I sell. My favourite flower is the Hydrangea.

#### **Which five words best describe you?**

Good Natured. Sunny. Determined. Honest. Patient.

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

My first job was in Retail in a Boutique Hat Shop in the city. From there on my passion for Sales and Fashion eventually landed me Buying Positions in some major Department Stores.

#### **What's your proudest achievement?**

Owning my own business.

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

Marrying my Husband.

#### **Who inspires you?**

Many successful business women.

#### **What are you passionate about?**

Living life to the fullest.

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

Follow your intuition.

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

In the spirit of the royal visit, I would love to meet Harry and Meghan. They seem very natural in their roles and very highly dedicated to many charities.

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

Being a successful business owner and travelling the world with my husband.

**What are you reading?**

Magazines.

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**Daily Hint: Daily Reminder to SPOIL YOURSELF WITH BEAUTY!**

Thank you! Your Daily Hint this month is to start truly spoiling yourself on a daily basis with anything that makes you feel beautiful - surround yourself with quotes, listen to guided meditations on your beauty, treat yourself like a Prince/Princess because we never know what is around the corner. Live Every Day Like It Was Your Last! YOU! BEAUTIFUL YOU! BECOMING EVEN HAPPIER & BEAUTIFUL YOU!!

*I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I am delighted to introduce you to Sarah- I love Sarah's energy, she is just like her favourite flower, the Hydrangea, fresh, exuberant, full of great life force, positive energy. I love everything in her Homewares Store. She has a beautiful eye for beauty for the body, mind, spirit, home and all environments. Be uplifted with the beautiful message of Sarah following her intuition into business and marrying her husband - all of which have added beauty and happiness to her life. A Message For Us All! Love Karen xxx (Sarah's Store is called Halycon Homewares and is based in St Kilda Road, Melbourne)*

*'Everything has Beauty But Not Everybody Sees It.'*

*Confucius*

Yours sincerely,

*karen vella*

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**LOVE  
FROM  
KAREN:**

**You deserve it TODAY! YES IT IS TIME TO SPOIL YOURSELF! Start today and every day in little ways. Here's a gentle reminder for you to send on to your friends, family, loved ones, and colleagues from yours truly.**



*Spoil yourself  
with consistency*

Quotes Creator

If you'd like to make contact, please contact myself at [karen@youretheone.com.au](mailto:karen@youretheone.com.au);

**Offer Expires: 30 November 2018**

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