

You're The One Newsletter

CONSIDER THE HEART OF OTHERS!

Issue 15 Vol 7 July 2020

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COMING SOON TO THIS SPACE!

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What's New With Karen

Welcome to July 2020! I wish to bring a message of hope and peace. The Covid Pandemic has caused much stress and anxiety in our worlds. During periods of great uncertainty, it is important to consider what is happening in the hearts of others. If we find people acting unreasonably, unexpectedly, or even out of character during these times it may help to remind ourselves to remain at peace and give people leeway. If we can do this, we will come out the other side of this having built our character and integrity. This month, I hope I can inspire you with the symbols of the olive branch and white dove (both signs of peace) in whatever interaction you find yourself in. May we all reflect more upon what is happening in the heart of others and follow these 7 strategies to create loving peaceful relationships. 1. *Seek to love, not to control others.* 2. *Practice tolerance.* 3. *Walk away.* 4. *Live in the moment.* 5. *Do not compare yourself to others.* 6. *Accept others just the way they are.* 7. *Take full responsibility for whatever happens in your life.* Thinking of you all, stay safe, do the right thing, we are all in this together, and together we will emerge victorious. May you be at peace within yourself and with others and be kind always. Love Karen XXX

TOLERANCE.PATIENCE.LOVE.KINDNESS.PEACE.

Yours sincerely,

karen vella

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TOGETHER WE CAN DO GREAT THINGS

Love Karen at YTO Life Coaching



Inspiration From Mother Teresa

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Please pass on to all your friends, colleagues, family and loved ones! Love Karen - YTO Life Coaching.

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