

You're The One Newsletter

SMILE! YOUR TREAT IS ON ITS WAY!

Issue 15 Vol 8 August 2020

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Karen Recommends



COMING SOON TO THIS SPACE!

2020 - Mojo Classes
2020 - Best Year Workshops
2020 - Webinars
2020 - New Products
2020 - 1 on 1 Life Coaching
And more....

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What's New With Karen

Welcome to August 2020! In our C19 World (*lockdown conditions, home schooling children, juggling isolation of working remotely, etc*), many want to break out of their somewhat 'Ground Hog Day' existence. So, you are not alone if you feel you are in this same cycle of 'wake up, work, home, sleep, work' repeat! Well, I'm here to bring you some Joy! It is now time for fun and your treat! Known in Psychology as 'The strategy of Treats' there is evidence to suggest that rewards are a vital counterbalance if we are to stay on track with the discipline of good habits. If we don't reward ourselves along the way, we will begin to feel burned out, depleted and resentful. You see, when we give ourselves 'treats' (*something healthy that gives us pleasure, and we relish in it*) we feel energised, cared for, and contented. This in turn boosts our self command & self command helps us maintain our healthy habits. Your mindset is energised by the thought '*If I give more to myself, I can ask more of myself. Self-regard isn't selfish.*' So, it's time to make your list of healthy-treats and give these to yourself on a regular basis. So starting today, make your list and go out and give back to YOU! Daily, weekly, monthly! You deserve self care, so go forth, have fun & enjoy your healthy treats now!! Love Karen XXX

GOOD HABITS. ENERGISE. SELF CARE. TREATS.

"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."

- Audre Lorde -

Yours sincerely,

karen vella

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A REMINDER TO SMILE

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.

Offer Expires: 31 August 2020

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