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Life Coaching Packages

## You're The One Newsletter

THE BEST GIFT: *YOUR PRESENCE!*

Issue 15 Vol 12 December 2020

### What's New With Karen

Welcome to December 2020! 2020 (*a tough season*) will soon be behind us & the good news is it has now been in vain. We now stand stronger, stripped back, reset, & united into much kinder and connected human beings. As we breathe in the joy & anticipation of summertime and the magic of Christmas, it's the perfect time to bring our newly reset kinder selves into our relationships. The greatest gift we can give others is our presence. If we can connect with others with purpose and presence, I believe it's a powerful combination to be better human beings in this world. So, my invitation is for you to find the best way to connect with others with your highest self over the coming magical month. So, I'm introducing to you a micro-mindfulness technique that can help in your tool kit -called '**pivot towards purpose**'. Simply, ponder for a moment your values and how you live them each day. Say, you value compassion: notice how you focus on checking in with those going through a hard time, or perhaps when you wait patiently in line at the supermarket. Reflect, however, that sometimes (as frail humans) particularly if we feel stressed, tired or rushed we may be tempted to react, lash out or choose convenience/short term pleasure, over what feels right for us deep in our hearts in the moment. The '**pivot towards purpose**' is an invitation to pivot on our axis to our core values and connect with what truly matters in our souls. It is done by asking ourselves 2 questions: 1) ***what really matters to me most in this moment?*** & 2) ***who do I want to be in this moment?*** Prompting ourselves with these questions, helps us pivot on our axis towards our purpose and connect with who we truly want to be in the moment (*ie choosing to connect in a kind, open & compassionate way rather than lashing out or speaking harshly*). As we live our remaining days of 2020, let's make them count, and no matter what is happening for you each day, see if you can reset to pivot towards purpose. Feel great about establishing this habit in your character (knowing that the life lessons of 2020 were not in vain)! Be a person who lives from a higher road & no matter who you encounter - remember to leave that person feeling better! Magical Hugs for Christmas! Love Karen XXX

**RADIATE. PRESENCE. PURPOSE. LIGHT.**

*"Be Here Now."*  
- Ram Dass -

Yours sincerely,

### 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....

**Karen Vella**

yto owner & founder, performance consultant & life coach (cert iv)

yto nlp practitioner (nlp, Time@Line Therapy, Hypnosis, Coaching

M:0419570011 |

E: [karen@youretheone.com.au](mailto:karen@youretheone.com.au) | W: [youretheone.com.au](http://youretheone.com.au)

## Quick Links...

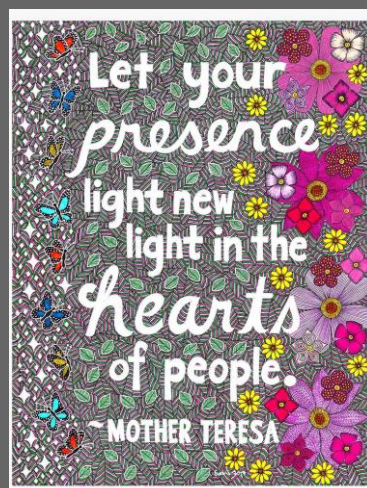
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A REMINDER ABOUT THE GIFT OF YOUR PRESENCE  
Love Karen at YTO Life Coaching



Inspiration From Mother Teresa

[karen@yto.com.au](mailto:karen@yto.com.au)

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

Offer Expires: 31 December 2020

## You're The One

PO Box 185, Essendon,  
Victoria 3040 Australia  
0419 57 00 11

yto



Contact Us

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