

You're The One Newsletter

WAVE YOUR MAGICAL WAND FOR 2021! Issue 16 Vol 1 January 2021

In This Issue What's New With Karen Mojo Tip

Karen Recommends



COMING SOON TO THIS SPACE!

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What's New With Karen

Welcome to January. Happy New Year! 2021 we've been waiting for you! Now is the time when many of us traditionally ruminate over setting our New Year's Resolutions resulting sometimes in a feeling of pressure to achieve. However, I'm going to suggest a new & simple approach. It is about identifying *what you want to feel more of in 2021. Then working backwards to create goals so you continually feel these feelings on a daily basis.* The way to do this is to reflect on 3 emotions you want to experience on a daily basis. So, instead of setting goals in the traditional way, you will be flipping things on their head and deciding how you want to feel & use this as a guide to plan your year ahead. The trick then is to make daily choices that increase the likelihood of you feeling these key emotions. Here's an example, say you want to feel more *Freedom, Peace & Joy.* You then drill down & set 3 goals around each of these key feelings (ie, take for instance Freedom, your 3 goals could be (1. Planning to keep one day as a day of family/rest/fun. 2. Planning more holidays. 3. Giving yourself downtime for you to plan something special treat once a week). When you set goals centred around how you want to feel emotionally, you're more likely to actually enjoy the journey, which will keep your motivation and momentum alive. Starting the day focused on how you want to feel is surprisingly uplifting and empowering. The point is you can start feeling these emotions on a daily basis, *starting today.* Reflect celebrate and rethink your goals, feelings and values and most of all and be kind to yourself. It's going to be an awe-inspiring year. Love Karen xxx (*Inspired by the Inner Melbourne Clinical Psychology Practice*)

RENEWAL. HOPE. OPTIMISM. FAITH. JOY.

"Happiness Depends on Ourselves"
- Aristotle -

Yours sincerely,

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A REMINDER TO BE HAPPY IN THE MOMENT
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 January 2021

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