

You're The One Newsletter

A SIMPLE QUESTION! Issue 16 Vol 2 February 2021

In This Issue What's New With Karen Mojo Tip

Karen Recommends



COMING SOON TO THIS SPACE!

2021 - Mojo Classes
2021 - Best Year Workshops
2021 - Webinars
2021 - New Products
2021 - 1 on 1 Life Coaching
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What's New With Karen

Welcome to February. Can you believe January is already over! I am one year older (*hopefully wiser*) having celebrated a birthday in the past month. I feel so lucky and blessed to be healthy, living in a wonderful country, with beautiful family, friends, and colleagues in my life. Life has its seasons; right now, I am in a good one. I do not take this for granted though - knowing that life can change at any moment (*having come out of many years of a prolonged season of challenges*). This has had me thinking how important it is to be loving and compassionate to ourselves daily whatever season of life we are in, for even if in a good season, we still need to be looking after our well-being. There is a wonderful question that we can ask ourselves and that simply is "What do I need right now." If we stop, pause, slow down, breathe in any moment, and ask this simply question, we will find the answer instantly. *It may be to spoil yourself. It may be to rest. It may be to read the newspaper. It may be to have an early night. It may be to meet with a friend. It may be to go shopping and turn off the laptop.* I am finding this simple question really gets straight to the heart & rejuvenates a weary heart and spirit once we satisfy what is needing our attention. As most of our lives are now returning to some sort of norm; workplaces are returning, holidays are ending, children are back at school - may this be a great strategy for us all. I hope this simple question can help you and your family in February and throughout 2021. May you fill up your tank and be a blessing to others!! Love Karen xxx

SILENCE. REFLECTION. INSPIRATION. REJUVENATION.

"The soul has been given its own ears to hear things the mind does not understand."
- Rumi -

Yours sincerely,

karen vella

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A REMINDER TO BE SILENT AND LISTEN TO THE SOUL

Love Karen at YTO Life Coaching



Inspiration From Mother Teresa
karen@yto.com.au

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

Offer Expires: 28 February 2021

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