

You're The One Newsletter

LESS. BE BLESSED. Issue 16 Vol 9 September 2021

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Karen Recommends



COMING SOON TO THIS SPACE!

2021 - Mojo Classes
2021 - Best Year Workshops
2021 - Webinars
2021 - New Products
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What's New With Karen

Welcome to September. Woo! Hoo! Winter is now behind us. Spring is upon our doorstep: a wonderful time of new optimism, hope, and sunshine, as we approach warmer months ahead. With Spring it's the perfect opportunity for us to start afresh with a spring clean of our homes, lifestyles, and especially our mindsets. Over the last 12 months (*whilst many of us have been in lockdown*) I've been decluttering, streamlining, shedding, and reviewing how to live more simply. I've discovered how good it feels to live with less. In one of my recent decluttering sessions at home, I came across a beautiful mantra by Kelly Exeter called 'A Manifesto for a Simple Life'. The saying always resonated with me, & especially now, and I'd love to share it with you. Here it is: 'A Manifesto for a Simple Life: Eat Less, Move More, Buy Less, Make More, Stress Less, Laugh More, Feel Blessed, Love More, Find A Quiet Spot Every Day and Breathe.' I hope this Manifesto resonates with you too. My invitation to you this month, is start Spring with a new spring in your step, with a new outlook, and with increased hope and optimism for what lies ahead in your life with whatever Manifesto/Mantra works for you. Remember, it's always darkest before the dawn. Life is going to get much happier. Our best days are up ahead. Our futures will be bright again. Soon we will be planning our holidays and leisure time. Soon we will be with our loved ones. Soon the borders will be re-opening and we will be jet-setting away or going on our road trips. Let's count our blessings and take our new mindsets with us every day with a fresh, new, invigorated attitude towards our lives, our loved ones, and our fellow man with also a plan for a more simple life. Embrace the joy of less! Love Karen XXX

A SIMPLE LIFE. FEEL BLESSED. LOVE MORE.

"Blessed are they who see beautiful things in humble places where other people see nothing."

- Camille Pissarro -

Yours sincerely,

karen vella

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MOTHER TERESA QUOTE
Love Karen at YTO Life Coaching



There is a Light In This World
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Please pass on to all your friends, colleagues, family and loved ones! Love Karen - YTO Life Coaching.

Offer Expires: 30 September 2021

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