

You're The One Newsletter

A HEALTHY & HAPPY 2022! Issue 1 Vol 13 January 2022

In This Issue What's New With Karen Mojo Tip

Karen Recommends



COMING SOON TO THIS SPACE!

2022 - Mojo Classes
2022 - Best Year Workshops
2022 - Webinars
2022 - New Products
2022 - 1 on 1 Life Coaching
And more....

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What's New With Karen

Welcome to January. As we wave goodbye to the past year, my wish is that 2022 be an especially healthy and happy one for you! I read a saying recently that I'd love to share; as soon as I came across it, it spoke so deeply to my heart about the nature of what *True Happiness* is. Put so simply and beautifully: *"Happiness Cannot Be Traveled To, Owned, Earned, Worn or Consumed. Happiness Is the Spiritual Experience of Living Every Moment with Love, Grace and Gratitude"* (Denis Watley). As we stand at the gateway of a New Year with a clean slate and blank canvas, may you be inspired to live with grace, love and gratitude. In 2022, wherever you find yourself, I believe that if you can hold firm to these three pillars (*of love, grace and gratitude*) you will find a life of authenticity, and feel happiness on a true deep level. Furthermore, whatever way you celebrate the New Year, I hope you can make time for stillness and reflection on the important questions, of who you are, what matters most to you, and where you are in your life (particularly in relationship to the year that passed). May your soul speak to you and guide you with a word, image, or phrase that will elevate, uplift and infuse your spirit each day forward for the next 365 days. If you combine your personal vision for 2022 along with the 3 pillars of happiness, I believe you will flourish with health and happiness on all levels, both inner and outer in the year ahead. All my love and best wishes to you and your family for Blessed New Year overflowing with health & happiness. Love Karen XXX

LOVE. GRACE. GRATITUDE. HEALTH. HAPPINESS.

"Be Happy in the Moment. That is Enough. Each Moment is What We Need, Not More."
- Mother Teresa of Calcutta -

Yours sincerely,

karen vella

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MOTHER TERESA QUOTE
Love Karen at YTO Life Coaching

“

There is no key to
happiness; the door is
always open.

—
MOTHER TERESA

The Door to Happiness
karen@youretheone.com.au

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

Offer Expires: 31 January 2022

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