

You're The One Newsletter

YOUR WELL-BEING KIT! Issue 7 Vol 14 July 2022

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Karen Recommends



COMING SOON TO THIS SPACE!

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2022 - Best Year Workshops
2022 - Webinars
2022 - New Products
2022 - 1 on 1 Life Coaching
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What's New With Karen

Welcome to July. Over the Queen's Birthday Long Weekend in June, I ventured up to the Gold Coast for a quick trip to visit family & friends and get a dose of the QLD sunshine. Having not left Victoria in 4 years, it was a wonderful refresher. As the flight was embarking, I found myself watching the emergency demonstration by the Flight Attendant. It was a valuable reminder of how essential it is that we attend to ourselves first in the case of any emergency, before helping others. During my Gold Coast break, I enjoyed some peaceful nights of reflection in my beautiful hotel room; and noted that when I was giving to myself, and doing what filled me with peace and joy, I was a much better version of me. A better me, a more peaceful me (not a stressed, rushing around, anxious me). I meditated on this, noticing how essential it was to my daily state of being and overall wellbeing (and not self indulgent at all). Coming back on the flight to Melbourne, watching the safety demonstration again, it was the perfect metaphor to be reminded that the first priority we need to have is to ourselves. Putting ourselves and our own self care at the top of our list of priorities is a valuable step and not a selfish one. For the month of July, I'd like to invite you to really find ways to make yourself happy, create peace in your own self, and put yourself at the top of your values list. This month is all about making yourself a VIP. Life is short - don't waste another day - be a beautiful beacon of light and peace and joy in the world for you and others. You are worth it! Love Karen PS In Honour of my Beautiful Step Mother, Marianne, who now rests in heaven 22 July. (3yrs ago) as our family join together for a memorial in her special memory.

REST. BE STILL BE WELL

"It's not selfish to love yourself, take care of yourself, and to make your happiness a priority. It's necessary."

- Mandy Hale -

Yours sincerely,

karen vella

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MOTHER TERESA QUOTE
Love Karen at YTO Life Coaching



Never Travel Faster Than Your Guardian Angel Can Fly
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Please pass on to all your friends, colleagues, family and loved ones! Love Karen - YTO Life Coaching.

Offer Expires: 31 July 2022

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