

# You're The One Newsletter

ONE LIFE TO LIVE! Issue 9 Vol 14 September 2022

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### 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 September! Woohoo Winter is over! Spring is here! It's the perfect opportunity for a fresh wake up in our lives. Over the past month I've been very inspired reading about many people making transitions in their lifestyles; from Sea-Changers, to Tree-Changers, to E-Changers, and more! As I peeled back the layers on these fascinating people who had changed their careers & lifestyles, at the heart of it I discovered that there seems to be one question we all have in common: *'What makes me happy in this season of my life now?'* This is key because no two people are the same and what might make one person's soul sing, may in fact be the exact opposite of what would bring happiness to another's life. In a sense, it is about being in touch with our deepest values and re-evaluating what is important to us in this very moment. Over the next month of September, my invitation is to invite you too, to focus on moving towards a life that brings you deep happiness, and take the steps towards it. There are no dress rehearsals in this life! We have only one life to live! Time moves so fast! Let's all live it in a way that we make the most of every single day and feel satisfied at the end of our day, that we are living our best life or at least moving towards it! YOLO - You Only Live Once!! Be True to You! Love Karen XXX

**LIFE IS A GIFT! LIVE PURPOSEFULLY! SPEND TIME & ENERGY ON KEEPING YOURSELF SPIRITUALLY FIT!**

"You have only one life to live. Make sure it is yours."

- Eleanor Brownn -

Yours sincerely,

**karen vella**

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**MOTHER TERESA QUOTE**  
**Love Karen at YTO Life Coaching**



*Life is the Most Beautiful Gift of God*  
[karen@youretheone.com.au](mailto:karen@youretheone.com.au)

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

**Offer Expires: 30 September 2022**

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