

# You're The One Newsletter

P-A-U-S-E! Issue 10 Vol 14 October 2022

## In This Issue What's New With Karen Mojo Tip

### Karen Recommends



### COMING SOON TO THIS SPACE!

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2022 - Webinars  
2022 - New Products  
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## What's New With Karen

Welcome to October! Yaay! Our Melbourne weather is finally on the improve & I'm excited to share I'm heading North to Cairns in a few days time for a 4 day Mini Break and can't wait! In the lead up to this holiday, I've been busier than ever, so I do apologise in the one day delay in having my Newsletter arrive in your In-Box. However, there is a funny coincidence in this! You see my theme for October is the incredible value of the *pause* in our lives. In our busy, fast paced world, we often become addicted to doing, having, and making things happen now. However, the wisdom of the ages, has taught us the best decisions are not made in haste. I was fortunate enough to learn this lesson many years ago from a colleague (*pause - do not react to events or make decisions immediately - wait 24hours*). It proved to be one the best lessons I have learned. This is especially true in making major life-altering decisions. These are best made not in haste, or on the run, but instead when we have stepped back, waited for a day or overnight, and listened to our inner guidance. Whenever, I have an important decision to make, I apply this strategy. I pray about it and the decision is usually in my gut and heart when I awake. Only then do I move forward! Another one of my mentors, Oprah Winfrey, inspired with a similar strategy many years ago: "*if In doubt, don't do.*" Hit the *pause* and listen to our gut. Our gut doesn't lie. Our gut will guide us. Our gut will protect us. Our gut is working for us. I hope this too will inspire you to remember the valuable lesson this month of applying the *pause* for 24hour rule in areas of your life. If it is meant to be, the right decision/action will be made, and you will attract what is truly meant for you easily and effortlessly. What is meant for you won't go past you! Have an amazing month ahead. Sending you rays of sunlight your way. Love Karen xxx

**HOPE. WAIT. PRAY. EXPECT IT TO HAPPEN. BE EAGER WITH FAITH.**

"The right word may be effective but no word was ever as effective as the rightly timed pause."

- Mark Twain -

Yours sincerely,

**karen vella**

**yto owner & founder, performance consultant & life coach (cert iv)**

**yto nlp practitioner (nlp, Time@Line Therapy, Hypnosis, Coaching**

**M:0419570011**

**E: [karen@youretheone.com.au](mailto:karen@youretheone.com.au) | W: [wouretheone.com.au](http://wouretheone.com.au)**

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



*We Are All Pencils In The Hand 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.*

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