

You're The One Newsletter

NEVER QUIT THE RACE! Issue 11 Vol 14 November 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
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What's New With Karen

Welcome to November! With Melbourne Cup Day almost upon us, (especially here in Melbourne with the Race that stops the Nation), I thought it a perfect opportunity to talk about winning, and never quitting in playing our game of life. In life, just as on a race track, we all have set backs, moments when we fall down, however, the race track is a poignant reminder of how important it is, just like a jockey, to get back on the horse immediately, face our fears, and give it another go. Every day is an opportunity for us to have another challenge ahead, something exciting, a dream to follow, something that lifts our hearts and spirits! Life is not about giving up and waiting until our final hour is upon us living lives just existing. I believe it is about being in the best physical and mental condition to win the race of life. Just like the jockey, who has to sacrifice, work hard, be in peak physical and mental condition to ride the winning horse; we too can learn so much from them. Our toolkit for our lives can be seen as our horse, keeping the horse in peak condition, just as the vet has to inspect before the race for final approval, that can be our anecdote for our tool kits also that help us win the game of life. Never be a Quitter! Life is exciting! Let's all focus this month on creating a life of goals, dreams, aspirations, simple pleasures that give our lives a spark, a challenge, a chance to refocus, and then aim to be first over that winning line! You can do it! Life can be happy, and exciting, when we embrace fear, face it, and never quit. You are a winner! Love Karen XXX Note: *This newsletter is dedicated to my late Uncle Bob Quinlivan, (09.09.1941-12.10.2022) who passed away peaceful recently. after ill health for the past few years. Uncle Bob never quit life, with his beautiful sense of humour right to the end. Rest in Peace, my beautiful Uncle.*

**BE STRONG. DO NOT LOSE HEART OR GIVE UP. YOUR WORK
WILL BE REWARDED.**

"I never lose. I either win or learn."
- Nelson Mandela -

Yours sincerely,

karen vella

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MOTHER TERESA QUOTE Love Karen at YTO Life Coaching



Do not let the past disturb you, just
leave everything in the Sacred Heart
and begin again with joy.

— Mother Teresa —

Do Not Let The Past Disturb You
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Please pass on to all your friends, colleagues, family and loved ones! Love Karen - YTO Life Coaching.

Offer Expires: 30 November 2022

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