

You're The One Newsletter

HAPPY, ALIVE & FREE IN 2023! Issue 1 Vol 15 January 2023

In This Issue What's New With Karen Mojo Tip

Karen Recommends



COMING SOON TO THIS SPACE!

2023 - Mojo Classes
2023 - Best Year Workshops
2023 - Webinars
2023 - New Products
2023 - 1 on 1 Life Coaching
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What's New With Karen

Welcome to January! Happy New Year! 2023 feels great! It's fresh, it is new, & a chance for each one of us to start to live a new year with a clean slate. I wonder how you saw in the New Year? Whilst some people celebrate by going out to social gatherings or watching the fireworks, I spend time alone by doing a traditional ritual. It goes something like this: (Shower to cleanse off old energy, and dress in white/Go outdoors & apply a Sage Smudging stick around body to let go of the old energy/Lay down in a quiet room & allow images, words, to arise from a higher power & record these in a notebook/& create a Vision Board with inspiring images and words from my guidance. I then have clarity for the 1st day onwards of the New Year. Everyone does something different, however, may I just offer some suggestions on what is the most important question we can ask ourselves for the 1st January and that is: **"Who do I want to be in 2023?"** (that question will require reflection, redirection, and putting plans in place). Once you have that I have put together 5 steps for you to follow so that you start to manifest the Year of Your Dreams.

5 Steps to Manifesting the Year of Your Highest Intention:

Step 1: Clarity (get clear on how you want your life to look, or feel).

Step 2: Match the Vibration (raise your vibration to align to your new self; focus on taking care of self so you can feel your best vibe within you).

Step 3: Embodiment (anchor the vision in your body; feel as if it is already here).

Step 4: Take Aligned Action (take a small first step; steps 2 & 3 will always appear after).

Step 5: Trust (in yourself/God/Higher Power/The Universe-let go of control; let go of need for other's opinions, trust is built incrementally).

Wishing you a Magical 2023 - whatever journey you take, my wish is that you follow what brings you alive, and what inspires your heart. I'm truly grateful for you being part of my life. Alive & Free in 2023! Happy New Year. Love Karen
XXX

**WHATEVER YOU ASK IN PRAYER. BELIEVE YOU HAVE
RECEIVED IT. IT WILL BE YOURS.**

"Thoughts become things. If you see it in your mind, you will hold it in your hand."
- Bob Proctor -

Yours sincerely,

karen vella

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MOTHER TERESA QUOTE
Love Karen at YTO Life Coaching



Yesterday is Gone - Tomorrow Has Not Yet Come - We Have Only Today - Let Us Begin

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

Offer Expires: 31 January 2023

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