

You're The One Newsletter

YOUR 2023 CARRY ON BAGGAGE! Issue 2 Vol 15 February 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 February! It's a time when the work year commences for most and students are returning to school; in a sense we are snapping 'back to business!' Embarking on the journey into the business energy of the year I'm inspired to write about something which may assist you to transition into February and still feel a sense of joy when we carry on our work. The question to ask ourselves is 'What did we do on our holiday time that we enjoy and would like to take with us into our year ahead?'. For some people, they have adopted a hammock in the yard, and will retain that for after work relaxation. For others, it may be less alcohol during weeknights, and deciding to keep this healthy habit, only indulging in alcohol on weekends. For some it may be more time to read and deciding to switch off the TV, or the constant scrolling of the I-Phone. For others, it may be adopting peaceful conversation at the family dinner table, with no distractions, or telephones allowed. The key is to find something you enjoy, and bring that with you in to each day, so you always have something to look forward to. For myself personally, it is a new attitude, of 'taking life breezy'! It is a saying that my gorgeous new Nurse at the local clinic says to me. He says 'keep it breezy' and 'smell the roses darling'! He is such a refreshing, happy, bubbly person that he is a joy to be around - whenever I see him now I'm immediately transported to the 'keep it breezy' mindset! So I'm taking the 'keep it breezy' attitude this year (thanks to Bowen). Not taking myself or things as seriously, and the ability to laugh at myself; to let go of things that used to weigh me down - basically to walk more lightly on the earth. It has made a huge difference already, and I look forward to returning to that attitude by default each day. So, as we enter February, it is time to decide what your carry-on baggage will be for the business year ahead! Decide only what is essential in your carry-on baggage, and that which will make you happy, smile, and enjoy life more - pack that only! So, with that said, may you have the most seamless transition into the business year, and breezily have something always to look forward to, each day. Pack lightly & keep it breezy! Love Karen XXX

**BE UNHURRIED. BE OPEN TO GRACE. BE OF LIGHTNESS. BE
OF FREEDOM.**

"Let your life lightly dance on the edges of Time like dew on the tip of a leaf."
- Rabindranath Tagore -

Yours sincerely,

karen vella

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MOTHER TERESA QUOTE
Love Karen at YTO Life Coaching



Without patience, we will learn less
in life. We will see less. We will feel
less. We will hear less. Ironically,
rush and more usually mean less.

— Mother Teresa —

*Without patience we will learn less in life. We will see less. We will feel less.
We will hear less. Ironically rush and more usually means less.*

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

Offer Expires: 28 February 2023

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