

You're The One Newsletter

A DAY TO YOURSELF! Issue 3 Vol 15 March 2023

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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 March! I have a belief (no matter what the World News portrays) that we still live in a wonderful world where the majority of people are good, fair, human beings who will reach out and extend a hand to others. I also believe we need to fill our own tanks so we are able to allow our positive energy out into the world, and it is essential, we take care of our own needs first. So, my theme for March is about inviting you to give yourself 'A Day to Yourself!' Mark it in your calendar. It's your day to spoil you. No agendas, no schedules, no doing what you have to do! Simply living what you love to do and following your bliss. Recently, I gave myself one of these magical days. I decided I was just not going to have a schedule and follow my heart and soul to what it truly felt like doing and off I went. It was soo enjoyable. The sun was shining, and I found myself in the elegance of the City of Melbourne, and walking into two of my favourite Boutiques. Like most of us these days, I watch my budget, and I discovered on this 'Day to Myself' that my intuition led me in the right places, to where I found 2 items that I loved which were both on sale (very heavily marked down!). As I left the city, I then found myself doing what I also love, and that is the pure experience of walking in nature for my 10,000 steps. And the final event was an appointment at my local Beautician which I rarely do (perhaps once or twice a year), but also allowed myself. Overall, it was a wonderful day, one that will stay in my memories for soo long. So, my invitation to you, is to give yourself permission to have 'A Day to Yourself', mark it in your diary, nothing planned, just time for you, and allow yourself to wander that day to whatever your heart leads you to do. Be kind to you! You deserve it! The Kinder you are to yourself, the Kinder you can be to others in your world! So, March is dedicated for you to start creating a ritual to give yourself a well-deserved You Day! You deserve it. Treat yourself as kindly as you treat the people you love in the world. Be Your Own Best Friend! Love Karen XXX (Note: Sending love and best wishes (in loving memory of my beautiful Mother Dawn, in heaven), a wonderful birthday for 1st March, and my amazing Father, Fred, who is thriving full of good health at 82, Happy Birthday Dad for the 2nd March) - love you both Kaz xxx)

PRESENCE. POWER. PURPOSE. SUBMISSION. PEACE.

"The World is Full of Magic Things, Patiently Waiting For Our Senses to Grow Sharper."
- W. B. Yeats -

Yours sincerely,

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MOTHER TERESA QUOTE
Love Karen at YTO Life Coaching



We must free ourselves to be filled
by God. Even God cannot fill what is
full.

— Mother Teresa —

We must free ourselves to be filled by God.

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

Offer Expires: 31 March 2023

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