

You're The One Newsletter

YOUR WISEST DECISION! Issue 5 Vol 15 May 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
And more....

Quick Links...

[Our Website](#)
[Products](#)
[Services](#)
[More About Us](#)

What's New With Karen

Welcome to May! This month, I'm thrilled to share my perspective on a theme I've been living through recently; that being, *what to do when we reach a 'fork in the road' on our paths*. Facing this signpost, it can be a time of overwhelming fear, uncertainty, and stress, as we encounter feelings such as a deep sense of loss of control. Recently, I stood at an important fork in the road in my life. It was an incredibly stressful and uncomfortable time as I reflected and fluctuated between which path to take. Although it did take some days, I am now happy to announce that I have made the right decision, and so relieved I have. In fact, as soon as I made my decision, and followed it up with action, the churning in the gut was gone, peace returned to my soul and I felt happy and free again. So, I'd love to inspire you too how to navigate through one of these life stages. Here are my main tips: 1) Stop & reflect; 2) Follow the gut (it never lies); 3) Be true to your highest values; 4) Make decision; 5) Take swift action and finally; 5) Let go and trust the process from there on in. I'm a great believer in not always delaying our happiness. Maybe it is the time for us all to review where we are putting off our own happiness for just the sake of the future (which we are not guaranteed to get to live out). None of us know when our time is up! Something for us all to ponder! Your Fork in the Road Moment could mean opening up a happier, healthier, life of freedom and peace within. It's in our hands to choose - may your decisions bring only better days ahead. Follow your dreams and your heart and you will be on the right path of happiness for you! Wishing you all the best with your magical journey! Love Karen XXX

CONTEMPLATE. PRAY. LISTEN SPIRIT. CONFIRM BY
PRAYER. DECIDE. CHECK IN. TRUST. BE AT PEACE.

"At the fork in every road, choose the road that brings you nearer to God."
- Elizabeth George -

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 | W:wouretheone.com.au

MOTHER TERESA QUOTE
Love Karen at YTO Life Coaching



We Fear the Future Because We are Wasting Today.

karen@youretheone.com.au

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

Offer Expires: 31st May 2023

Copyright © You're The One

Disclaimer: The ideas, thoughts, concepts and models (Information) that have been detailed above are those of the person sending you this communication and do not take into consideration your business finances, risk profile, legal and specific needs for your business. You should always seek sound financial and legal advice if you are unsure whether to act upon the Information provided. You agree to assume the entire risk as to your use of this Information. You agree to hold You're The One, its directors, shareholders, employees, agents, representatives and affiliates harmless in any claim or event.

IMPORTANT NOTE: You have received this email because you have subscribed to a past newsletter, readers resources or other communication. If you no longer wish to receive this message, please unsubscribe or change your preferences. (see the links at the bottom of the page). Please don't use the junk mail filter on your mail service as it prevents other subscribers on your USP from receiving their mages - thank you!

You're The One | PO Box 1100, Moonee Ponds, Essendon, Victoria 3039 Australia