

You're The One Newsletter

SPRINGTIME - CALM & PEACE! Issue 9 Vol 15 September 2023

In This Issue What's New With Karen Mojo Tip

Karen Recommends



COMING SOON TO THIS SPACE!

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2023 - Best Year Workshops
2023 - Webinars
2023 - New Products
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What's New With Karen

Welcome to September! Spring Glorious, Spring! A Happy time, when we hopefully 'peel off our puffers' (jackets) and relish in some warmer sun-lit days ahead. Spring time in Melbourne is also the start of lots of wonderful events, AFL Grand Final, the start of the Spring Racing Calendar, etc. It is a time where we can breathe out any past chaos of our lives, and enjoy a sense of 'peace and calm' in our days ahead. On that note, recently I've rediscovered how important it is to nourish our souls with good reads that allow us to hopefully live happier stress-free lives. With that said, I'd love to introduce you to a book that 'jumped out at me' recently. The Book is '12 Rules for Life - An Antidote to Chaos' by Jordan B. Peterson. Peterson is a Clinical Psychologist and a Public Thinking Ideologist, and he uses both of these to write his themes on how to live a life of strength, discipline and honor and provide you with tools to combat the Chaos in our lives. *The 12 Rules for Life are: Rule 1: Stand up Straight with your shoulders back. Rule 2: Treat yourself like someone you are responsible for helping. Rule 3: Make friends with people who want the best for you. Rule 4: Compare yourself to who you were yesterday, not to who someone else is today. Rule 5: Do not let your children do anything that makes you dislike them. Rule 6: Set your house in perfect order before you criticize the world. Rule 7: Pursue what is meaningful (not what is expedient). Rule 8: Tell the truth-or, at least, don't lie. Rule 9: Assume the person you are listening to might know something you don't. Rule 10: Be precise in your speech. Rule 11: Do not bother children when they are skateboarding. Rule 12: Pet a cat when you encounter one on the street.* I hope this Newsletter inspires you to find something that nourishes your soul in Spring (a book, a magazine, an article - or absolutely anything else to feed your soul from the inside out) - you deserve some spoiling! Love Karen XXX (Happy Fathers Day, my Amazing, Dad for 3 September. And for all the Fathers. And prayers for those who no longer have their Fathers, that they are remembered and cherished).

**REMOVE ANXIETY & WORRY. TRUST IN THE LORD. CAST
YOUR CARES. PRAYER. RESTORATION. CALM & PEACE.**

"Each one has to find his peace from within. And peace to be real must be unaffected by outside circumstances."

- Mahatma Gandhi -

Yours sincerely,

karen vella

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MOTHER TERESA QUOTE
Love Karen at YTO Life Coaching



Please choose the way of peace.. In the short term there may be winners and losers in this war that we all dread. But that never can, nor ever will justify the suffering, pain and loss of life your weapons will cause.

— Martin Luther King —

Please choose the way of peace.

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

Offer Expires: 30th September 2023

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