

You're The One Newsletter

I AM, YOU ARE, WE ARE AUSTRALIAN! Issue 12 Vol 15 December 2023

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COMING SOON TO THIS SPACE!

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What's New With Karen

Welcome to December! Can you believe it - the year has flown and we are now at the magical time of Summer and Christmas in Australia intertwined. On that note, I've been relishing in some of the beautiful qualities of our vast multicultural community in Australia and what it is that joins and unites us. Whether it is our laconic laid-back attitude, our humour, or our way of not taking ourselves too seriously, it's refreshing to focus on the good things at this time of year especially. A recent example that made me laugh to myself was the Macquarie Dictionary's word of the Year for 2023: 'cossie livs'. It is a humorous play on the 'cost of living' (which we've all been hearing about daily in our news and experiencing in our lives!). It's something special about our culture of making light out of a challenging situation (*as we did with 'locky d' during lockdown!*). So, my theme for December, is to keep things light hearted and positive and focus on the good we can share and celebrate about our culture in Australia. I've been drawn to this theme in a book this year '*I'm Fine Spirit' (How to Get Through Tough Times) by Ryuho Okawa*. I've never grown tired of reading & would highly recommend it as a simple guide to keeping a cheerful, carefree, spirit, as we go about our lives - despite what circumstances we find ourselves in. Taken from the book here's a wonderful reminder: "*If a person has gotten rid of the dark shadow and is living brightly, positively, and with hope, that person is seen as a happy person.*" Wishing you and your loved ones, a safe, happy, peaceful, loving Christmas and may we reach out to those who need a hand in these times, whilst still keeping our lighthearted, carefree fun-loving spirits. May you and your loved ones bask in a wonderful summer of joy and freedom! Love Karen XXX

ADVENT. A MINIMALIST CHRISTMAS. DONATE TO A CHARITY. BE A PERSON OF PEACE AND LOVE.

"Christmas is Not as Much About Opening Our Presents But Opening Our Hearts."
-Janice Maeditere-

Yours sincerely,

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MOTHER TERESA QUOTE
Love Karen at YTO Life Coaching

The world is
full of good
people.
If you can't
find one be
one.



The World Is Full of Good People. If You Can't Find One Be One.

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

Offer Expires: 31st December 2023

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