

# You're The One Newsletter

FRESH AS A DAISY! Issue 2 Vol 16 February 2024

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### Karen Recommends



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## What's New With Karen

Welcome to February 2024! Well most folks are now back from the summer holidays, kids are back to school, parents are busy, and our work lives have returned to a routine. Hopefully, we've all enjoyed some wonderful summer in Australia to rejuvenate. Now its time to jump into February with a little kick in our step and spirit. Lately the phrase "Fresh as a Daisy" keeps popping into my mind so that is my inspiration for this Newsletter. How do we keep ourselves fresh this year, with new exciting adventures, dreams to be had, personal challenges to overcome, goals to achieve, boundaries to go beyond, and overall keep our attitude, body, mind and spirit supercharged with freshness! My Dad is my inspiration for this Newsletter. He's a super fit, healthy, 82year old (soon to be 83yo in 4 weeks time), and despite having lost his 2 long term life partners in the space of an 18month period only a few years ago, he is now thriving! What is his secret? Here it is. He has found a roof over his head in regional Victoria that means he is financially free of worry. He loves to be independent. He has now adjusted to that. Dad has never cooked - now he cooks and experiments too! Dad is now a home renovator - every day working on his property to transform it (he's not a trained builder). Dad is sociable - he has made great new friends where he lives. Dad is super fit, he is playing better golf now than 10 years ago. And this is the piece de resistance! My Dad has just booked himself a trip to Vietnam and Surrounds for over 21 days in May. A lot of people I know at 82 (about to be 83) are ready to give up on life or perhaps are scared to travel overseas or places they have never seen!! But not Dad! He challenges himself daily and that is why he is so inspiring! I always say to my siblings we are soo lucky to have Dad as healthy and happy and thriving. He is my inspiration for living life each day happy! Living life stress free is his mantra! Keep Busy! Help Others! Be Happy! So, with that said, I've recently started swimming again - after over 20years of not being in a pool! Challenged myself and really enjoying it - took to it like a duck to water! So, I hope you too find some inspiration in this to find something to keep you fresh, updated, and always having something to aim for, look forward to, and contribute. Here's to keeping your Attitude and Life Fresh as a Daisy!! Love Karen XXX

WHEN BROUGHT TO OUR KNEES. RISE ABOVE  
DIFFICULTIES. PRAY & PERSEVERE. HAPPINESS WILL FLOW  
AGAIN.

"The love of God toward you is like the Amazon River flowing down to water a single daisy."

-F.B. Meyer-

Yours sincerely,

**karen vella**

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**MOTHER TERESA QUOTE**  
**Love Karen at YTO Life Coaching**



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

**Offer Expires: 29th February 2024**

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