

You're The One Newsletter

START & END YOUR DAY RIGHT! Issue 8 Vol 16 August 2024

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What's New With Karen

Welcome to August 2024! I have recently returned from a fabulous holiday in Cairns. This time I spoiled myself by staying at a wonderful historical Boutique Hotel filled with luxury. I also stayed 6 days instead of my usual 4 day break, it was absolute heaven, the weather was sensational 26 degrees of sunny skies every day. It was also wonderful to catch up with old friends, and share meals, and conversations with them. All in all it was perfect. One of the strategies I embarked upon before leaving Melbourne was setting my intention about the type of holiday I wanted and my goal was to have a healing, healthy, restful and best holiday ever! And that is certainly what transpired. True proof that setting our intentions has incredible power in our lives. One of the changes I've made over the last month, is on my morning walk, to spend time in prayer/meditation, and then followed by affirmations for setting the right mindset. I'm finding it's power to be truly transformative in my life. I actually look forward to doing this each morning as I know my soul will be filled with peace, and positive endorphins, and I'm ready to be in my calmest, most happy mindset. I also do my night time ritual, of going to bed at the same time each evening, and my ritual again of a gratitude journal, followed by meditation to help me sleep, usually one in spiritual connection with God, and the second a positive letting go of the day meditation. These have a tremendous benefit as I find I wake each morning full of a refreshed body, mind and spirit. So, my invitation to you this August is to put in place positive spiritual practices combined with affirmations, and meditation and see the benefits that flow to you and your life. It is about prioritising what is most important every day for your happiness! Enjoy starting and ending your day right! Love Karen XXX

START YOUR DAY WITH GOD, BEING THANKFUL &
GRATEFUL. END YOUR DAY WITH PRAYERS AND PEACEFUL
REST.

"The key is not to prioritize what's on your schedule, but to schedule your priorities."
- Stephen Covey-

Yours sincerely,

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MOTHER TERESA QUOTE
Love Karen at YTO Life Coaching



Be Happy In This Moment That is Enough.

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

Offer Expires: 31st August 2024

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