

You're The One Newsletter

WELCOME IN 2025 IN *YOUR DRIVER'S SEAT!* Issue 1 Vol 17 January 2025

In This Issue

[What's New With Karen Mojo Tip](#)

Karen Recommends



COMING SOON TO THIS SPACE!

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What's New With Karen

Welcome to January 2025. Wow! It's that time again when we get to experience a Fresh New Year. Wishing yourself & your loved ones a safe, happy and healthy New Year. It's been a tough year for many people in 2024 so I'm wishing you all blessed & better days ahead. As you enter the New Year, it's that wonderful time to create from a clean white palette - and so I invite you to take some time away from the world, and reflect on what your heart, soul and spirit is calling of you. Last Year my newsletter for Jan 2024 (*available for download on website*) shared my way of entering in the New Year, and I will be personally following that again this year with my Vision Board, etc. This Year, my theme for my Newsletter is a simple 'pearl of wisdom' that my wise Sister passed on to me (and I've continually come back to it to reset my course). That is to adopt the 'Stay In Your Own Lane' mindset (*as she has done with positive results*). Her wise words were that she had learned it was all about 'Staying in Your Own Lane' and it's a magical resource. To use a Grand Prix Racing Car Driver analogy, it is like Oscar Piastri (*or my admired, always smiling, always gracious, Daniel Ricciardo*) whenever they enter the Race, all cars are heading for the same destination, however, every driver stays in his own lane and charts his own course, using his personal faculties. That is my wish for you for 2025 - that when you enter the New Year with clarity - you remember Life Gets Better When You Stay in Your Own Lane. On that point, that is how my Brother lives also and he is a wonderful role model to me of being a person who stays in his own car in his own lane, giving others the permission to do the same. It's also a wonderful diplomatic tool. And we all love him for that. So as you welcome in your New Year, may you and your loved ones create an authentically wonderful year ahead, that resonates with your inner being, and brings happiness, and blessings your way each and every day. Here's to living an Authentic, Happy Life, that you Design for Yourself and keeping in your True Lane. Love Karen XXX

**SHOW UP. DO YOUR BEST. LET GO OF THE REST.
STAY IN YOUR OWN LANE.**

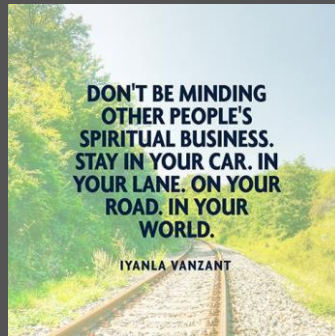
*"You can only run your own race. Stay in your lane."
- Oprah Winfrey -*

Yours sincerely,

karen vella

*yto owner & founder, performance consultant & life coach (cert iv)
yto nlp practitioner (nlp, Time@Line Therapy, Hypnosis, Coaching
M:0419570011)*

INSPIRATIONAL SPIRITUAL QUOTE - IYANLA VANZANT
Love Karen at YTO Life Coaching



Stay in Your Car. In Your Lane. On Your Road. In Your World
karen@youretheone.com.au

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

Offer Expires: 31st January 2025

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