

# You're The One Newsletter

PIVOT, VIBRATE & ATTRACT HAPPINESS!

Issue 3 Vol 17 March 2025

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## COMING SOON TO THIS SPACE!

2025 - Mojo Classes  
2025 - Best Year Workshops  
2025 - Webinars  
2025 - New Products  
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## What's New With Karen

Welcome to March 2025. Today is my Late Beloved Beautiful Mother's Birthday and as I celebrate her life today I intend to '**Be as Happy as possible**'. Before Mum passed her wish and wisdom she passed on to her family was simple - '**Be Happy**'. So, I've started my day that way!! It's been amazing so far. I dashed down to the Swimming Pool for my morning swim/steam only to be greeted with such warmth, smiles, and positive vibes & exchanges with my local Pool Community people I've come to know over the last months. After that, I drove to get my breakfast of lots of protein from my Maccas Skinny Mocha Extra Hot and be greeted with warmth and smiles from all the Team who know me there (by the way My Maccas Family I get to see now on Mondays-Thursdays now too)! So my theme today is how to be '**Be Happy**' despite the private battles we all face in our lives and the world from time to time. I use a tool called **The Pivot Process. It is a Law of Attraction Tool**. Simply, put it is summarised as: **When you know what you don't want you can shift your energy to what you do want. Here's the Pivot Process:** Firstly, It may help you to visualise a stick - at one end you have 'All you want and wish for' and at the other end you have 'All you do not want or wish for' and as you pivot the stick in your hand you move from the most negative point at one end and the most positive point at the other. If we find we are feeling fear, worry, anxiety, negativity, resistance - then we are at the negative end. However, if we are feeling love, expectation, excitement, joy, and flow - then we are at the positive end. Sometimes it helps to identify what we are feeling in order to know 'Hey I'm following my hunches and doing what makes me happy' or 'Oh! I'm caught in fear and not what I want'. And then all we have to do is tip our stick in the direction of what we do want. From personal experience, I can tell you this works for me. Whenever I've been in negative vibrational state, I've attracted more of it. However, if I just follow my guidance about what makes me happy, 'Wa!La! Life is happy and exciting'. May you all find the way to create your own sense of **Happiness** this month ahead with the Pivoting tool. Love Karen XXX (Happy Birthday also my beautiful Father, tomorrow 2nd March - 84years young and thriving!! Love you Dad).

**TRUE JOY IS A SIGN OF GOD'S PRESENCE.**

*"I attract to life whatever I give my attention, energy and focus to, whether positive or negative."*

- Michael Losier -

*Yours sincerely,*

**karen vella**

**yto owner & founder, performance consultant & life coach (cert iv)**

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*Every Thought We Think is Creating Our Future*  
*Love Karen at YTO Life Coaching*



*Quote from the Wise Teachings of our Beloved Louise Hay*  
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***Please pass on to all your friends, colleagues, family and loved ones! Love Karen - YTO Life Coaching.***

**Offer Expires: 31st March 2025**

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