

You're The One Newsletter

IT'S TIME TO REWARD YOURSELF! Issue 6 Vol 17 June 2025

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COMING SOON TO THIS SPACE!

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What's New With Karen

Welcome to June 2025. Sending Love and Light to All as we enter Winter. Across Australia our Winter is predicted to be warmer than usual - so that is good news for us who love the Sun (that's myself definitely). I remember when I lived in Europe for 3 years, I would work hard in London, and save every cent, and follow my dream to where the Sun was and I lived so happily in the Sunshine. Personally, over the past year, it has been a challenging one for me, as one incident (coming out of the blue and unexpected) on this exact day last year meant one whole year of going through a lot of health challenges. However, today on the Anniversary of that date it is now my pleasure to share I'm calling it my Victory Day. Now I'm ready to **reward** myself and enjoy my 'Call to the Sun' again. I've booked a trip to Cairns 13 July (my spiritual home) for 6 days staying in a lovely resort independently and catching up with my friends there and I can't wait. It's my dream, to travel, to follow the sun, to be happy (at the same time, spreading love, peace, joy & kindness) to all. So, what is my theme for this month? Don't wait to truly live. Embrace Life. Squeeze the Juice from It. You never know how life can change. Life can be very short. Give yourself a beautiful **reward** you deserve it. Follow your Sun and your heart! Love Karen XXX

SELF CARE. FOLLOW YOUR HEART. FEEL ALIVE. REWARD YOURSELF.

*"Keep your face always toward the sunshine - and shadows will fall behind you."
- Walt Whitman -*

Yours sincerely,

karen vella

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You do have to Follow Your Heart
Love Karen at YTO Life Coaching



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

Offer Expires: 30 June 2025

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