

# You're The One Newsletter

BEAUTY: OUR HAPPINESS TONIC!

Issue 3 Vol 16 March 2024

## In This Issue

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

## Karen Recommends



## COMING SOON TO THIS SPACE!

2024- Mojo Classes  
2024 - Best Year Workshops  
2024 - Webinars  
2024 - New Products  
2024 - 1 on 1 Life Coaching  
And more....

## Quick Links...

[Our Website](#)  
[Products](#)  
[Services](#)  
[More About Us](#)

## What's New With Karen

Welcome to March 2024! Our Beautiful summer is now over and we transition into Autumn. A perfect introduction to the theme for our March newsletter *to keep the beauty alive!* Beauty! While beauty may often be subjective, research demonstrates that beauty actually produces positive emotional experience in the observer, enhancing feelings of happiness and wellbeing. In design beauty is not aesthetics alone - but the melding of functionality and aesthetics in just the right proportions to achieve the desired result. Making conscious choices in what we place on our bodies, and in our homes, and environments will actually contribute to our health and wellbeing. Recent months I've made a decision in investing in minimal pieces for my home 'love it, buy it' 'like it, leave it'. I've discovered if I invest in one piece of furniture/homeware that I find both functional and beautiful and love it, despite it's price, I will go on to love it for many years to come. However, anything that I 'just like' I do not get as I'm not uplifted by it long-term. Functionality, sustainability, aesthetics need to go hand in hand in my decisions and work harmoniously. Then I'm 'loving it'! Same with clothing 'love it' or 'leave it' is a Fashion Stylists advice. Moments that make us feel beautiful seem to happen on an inner level too - a beautiful conversation with a friend, a beautiful smile from a stranger really have the power to change our energy. Never underestimate the power of beauty, serenity and majesty in our lives. My invitation to you for March, is to be inspired by 'beauty' - and to remind you of an ancient scripture 'Where you find your treasure, there you find your heart.' Invest your time and energy in what you find beautiful and love!! Watch your happiness and wellbeing improve. Love Karen XXX *PS Happy Birthday my Beautiful Mother, Dawn in Heaven as we remember your beauty on 1st March. Happy Birthday our Wonderful Father, Fred, on 2nd March - Dad, we look forward to celebrating your 83rd Birthday with You - Love you Both.*

## TRUE BEAUTY GROWS WITH AGE

"To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself."

-Thich Nhat Hanh, Buddhist Monk-

*Yours sincerely,*

*karen vella*

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

*yto nlp practitioner (nlp, Time@Line Therapy, Hypnosis, Coaching*

*M:0419570011 |*

*E: karen@youretheone.com.au | W:wouretheone.com.au*

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



*Life is Beauty - Admire It!*  
[karen@youretheone.com.au](mailto:karen@youretheone.com.au)

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

Offer Expires: 31st March 2024

Copyright © You're The One

Disclaimer: The ideas, thoughts, concepts and models (Information) that have been detailed above are those of the person sending you this communication and do not take into consideration your business finances, risk profile, legal and specific needs for your business. You should always seek sound financial and legal advice if you are unsure whether to act upon the Information provided. You agree to assume the entire risk as to your use of this Information. You agree to hold You're The One, its directors, shareholders, employees, agents, representatives and affiliates harmless in any claim or event.

IMPORTANT NOTE: You have received this email because you have subscribed to a past newsletter, readers resources or other communication. If you no longer wish to receive this message, please unsubscribe or change your preferences. (see the links at the bottom of the page). Please don't use the junk mail filter on your mail service as it prevents other subscribers on your USP from receiving their mages - thank you!

You're The One | PO Box 1100, Moonee Ponds, Essendon, 3039 Australia

[Unsubscribe karen@youretheone.com.au](mailto:karen@youretheone.com.au)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [karen@youretheone.ccsend.com](mailto:karen@youretheone.ccsend.com) powered by



[Try email marketing for free today!](#)