

You're The One Newsletter

MEEKNESS IS NO WEAKNESS! Issue 11 Vol 16 November 2024

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COMING SOON TO THIS SPACE!

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What's New With Karen

Welcome to November 2024. On weekends over the past year, as I set upon a longer morning walk I detour past Maccas for my Skinny Mocha, which I enjoy on my return circular walk home. Over many many months, I've adopted these gorgeous group of 'Mid-life to Octogenarians' who frequent McDonalds: I call them 'My Maccas Family'. They are a group of 6, from different walks of life, who sit on the 3 same adjoining tables daily. What I love about them is their humility, and wisdom, accumulated over their collective lifetimes. I greet them with '*hello beautiful people*' and they all brighten up! I just love seeing them, as I endeavour to bring a ray of sunshine to their lives, & they reciprocate the love back. I love their humility - which brings me to my theme this month '**Meekness is Not a Weakness**'. The Greek word for "meek" is "praus" which generally means humble, gentle, or mild. I heard a great leader say recently: Meekness is power, under control & it really resonates. So, this month, I'd like to invite you to reflect on your own behaviour and how you can incorporate Meekness into your life with these 6 Principles: **6 Steps to Meekness: 1) Self Control:** Meek people are gentle & persuasive, as opposed to using anger or yelling. **2) Humility & Teachability** Meek people are open to being teachable **3) Boldness** Meek people are confident and courageous. **4) Forgiveness** Meek people forgive and rise above any hurt. **5) Selflessness** Meek people are selflessness in the truest sense of the word **6) Strength under control** Meek people do what is loving and kind under all circumstances. So, my wish for you this coming month is to enjoy being and flowing out of humility to those around you and watch out for the benefits and blessings! You will feel amazing!! Love Karen XXX

BE HUMBLE OF HEART. BE FORGIVING. BE
COURAGEOUS. TRUST IN GOD'S DIVINE PLAN FOR
BLESSED ARE THE MEEK

"Meekness is strong, not weak; active, not passive; courageous, not timid; restrained, not excessive; modest, not self-aggrandizing; and gracious, not brash."

- Unknown -

Yours sincerely,

karen vella

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MOTHER TERESA QUOTE
Love Karen at YTO Life Coaching



If You Are Humble Nothing Will Touch You.
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Please pass on to all your friends, colleagues, family and loved ones! Love Karen - YTO Life Coaching.

Offer Expires: 30th November 2024

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