

# You're The One Newsletter

THRIVE & COME ALIVE!! Issue 9 Vol 17 September 2025

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### COMING SOON TO THIS SPACE!

2025 - Mojo Classes  
2025 - Best Year Workshops  
2025 - Webinars  
2025 - New Products  
2025 - 1 on 1 Life Coaching  
And more....

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## What's New With Karen

Welcome to September 2025. Hallelujah as we wave goodbye to a particularly cold Winter in Melbourne & celebrate welcoming in the 1<sup>st</sup> day of Spring with a spring in our step (pardon the pun)! Yes, I make no secret sharing - I am a sunworshipper; always have been & always will be! I am happiest when I have the radiance of the warmth of the sun and I **thrive** in these conditions. I'm particularly drawn to my spiritual home, Cairns in Far North QLD & to environments that visually are beautiful to my eyes and heart (ie blue skies, green of nature, and yellow of the sun's rays). However, I'm open to exploring other places in the Upper North of our country in the future, like Darwin in NT, and also Broome in WA. As you can imagine I love tropical domains overseas also like Bali and Thailand (and Vietnam - where I have yet to travel to yet). ***I feel more alive & thrive in those conditions.*** I have an apartment which I love as a base in Melbourne (after downsizing almost 2years ago). That was my first goal. Now I'm planning the 2nd goal; winters where I relocate to a tropical climate; most likely Cairns. I've promised myself I will do that in 2026, & I am sooo happy with that decision. So, this brings me to my theme for my September newsletter. Where & what do you need to **thrive** in life? Not just survive - but **truly thrive**. What makes you **feel alive**? What makes you **feel excited, happy, & full of optimism**? Perhaps weather doesn't affect you, and there is something else missing that will give you that added pep in your step to living in your **happiest & healthiest** state - one where you **thrive!!**. Life is very short, and we all have limited time on this planet. Why do we put off making prioritising **thriving** instead of surviving? May I inspire you with the First Day of Spring, that you dedicate the next month to set your new goal to **thrive!!** You deserve it. Love Karen XXX

**ONE POSITIVE THOUGHT! ONE POSITIVE STEP! RESET!  
THRIVE! COME ALIVE!**

*"My mission in life is not merely to survive, but to truly thrive; and to do so with some compassion, some humour and some style."*

- Maya Angelou -

Yours sincerely,

**karen vella**

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**When You Love a Flower You Water it Daily**  
**Love Karen at YTO Life Coaching**



When you like a flower, you just  
pluck it. But when you love a flower,  
you water it daily.

— Gautama Buddha —

**Buddha**

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

**Offer Expires: 30 September 2025**

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