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Empowered Living #44 – Loving me, loving you

February 2021

For many single people, this is a difficult time of year. Here in the northern hemisphere, it's freezing outside, so it's harder to get out. And we're in the midst of a pandemic, so we can't see our friends and feel even more isolated than usual. And Valentine's day is only a few weeks away...

Most singles dread Valentine's day because it's a reminder that they're alone. That there's no one to surprise them with dinner, roses or chocolates. Or more importantly, to snuggle up on the couch with and enjoy a glass of wine, a crackling fire and a movie.

I understand this feeling well. Having been both widowed and divorced, I've experienced more holidays alone than I can count. But over the years, I learned how to embrace my single status, and actually enjoy holidays and special occasions despite being single.

So if you struggle with this time of year, you're not alone. I hope this issue helps you to feel uplifted and gives you some new ideas for loving yourself and loving your single life.

Upcoming events

- **February 8:** [Fall Madly in Love with You!](#) (virtual event – attend from anywhere)

Resources



Read about how loving yourself impacts the quality of your relationships:

[Do we have to love ourselves to love and be loved?](#)



Discover ways to see your true spirit and inner beauty:

[Mirror, mirror on the wall: Seeing who we really are](#)



Learn how to appreciate love in all its forms:

[The ripple effect: To love and be loved](#)



Dating and relationship tips

FINDING THE PIECE THAT FITS...

My kids and I just started doing a puzzle together...a new pandemic activity for our family. I noticed that puzzles are a good analogy for finding a partner and thought I would share a few observations:

1. It takes time to find the right piece that fits.
2. Trying to jam the wrong piece in doesn't work (and messes up the rest of the puzzle).
3. It takes patience to find what you're looking for, but once you do, it's very rewarding.

When I first met my ex, I was excited that he was my opposite. I thought his strengths would make up for my weaknesses...and vice versa. That we would be "whole" together. Now I realize what a naïve mistake that was. A puzzle doesn't go together very well if there are pieces missing...from any part of the puzzle. But I was determined...so I tried and tried to make us fit, even though we really didn't.

Now that I'm older and wiser, I am looking for the pieces that truly fit together. And yes, that takes longer than grabbing any piece that's "close enough." Completing a puzzle takes knowing what I'm looking for and having the patience to wait until I find it.

In the meantime, I no longer feel like something is missing...I have done the work to be complete on my own. The final pieces are to finish my edges, not fill in my center. The core of my picture is done – I know who I am. And I know once I find what I'm looking for, it will fit in beautifully with what I've already created. May you find the one who fits you perfectly!

Healthy hints



[Winter wellness tips](#)

Rockin' recipes



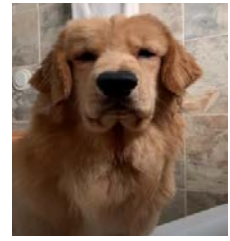
[Cozy slow cooker meals](#)

Creativity corner



[Cute winter crafts](#)

Comedy central



[Dog in the tub?](#)

Wishing you a great month and a Happy Valentine's Day! <3

xo Karen

Karen Strang Allen

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