



karen strang allen

love & empowerment coach • speaker



Empowered Living #46 – Finding Love

April 2021

Happy Easter – spring is finally here!

While we still may get a bit of snow, overall the weather has been warm this spring (at least here in Ottawa), and the crocuses are popping up and trees are starting to bud – all good signs!

With warmer weather, spring fever often sets in and many single people turn their focus back to finding love. The challenge is, most people hate the dating process (especially online dating), and so they often jump into a new relationship too quickly, simply to “have someone” and avoid needing to date. But this approach does not create healthy, long-lasting relationships!

If you’re looking for love this year, there is a better way, and so I created this issue just for you. (And if you’re not looking for love, feel free to pass this on to a friend who is!)

Upcoming events

- **April 6:** [Finding Love in these Crazy Times](#) (FREE online event – attend from anywhere)
- **May 1:** [Soulmate Attraction Summit](#) (live 1-day online workshop)

Resources



Discover why dating seems so difficult...and how to make it easier in: [Why is dating so hard?](#)



Everyone deserves great love. But not everyone finds it. Discover how to find what you’re looking for in: [Getting the love you deserve](#)



Few people say they love dating. And yet some people actually do enjoy it! Discover how in [How to improve your dating experience](#)



karen strang allen

love & empowerment coach • speaker



Dating and relationship tips: Why do I attract the jerks?

The reality is, there are jerks out there, wherever you go and whichever dating site you use. And...there are really good people out there too.

If you've attracted some less-than-desirable dates/partners, don't get discouraged and don't take it personally. It doesn't mean there's something wrong with you, or that you can't have what you want. You just need to shift your focus, energy and beliefs.

Do you believe you're a great catch? Do you believe you're good enough? Do you believe there are great guys/gals out there? Do you believe you deserve a great relationship? Do you believe lasting love exists? Do you trust you'll meet your ideal partner eventually? If the answer is no to **any** of these questions, when you date you're not going to get the results you want.

It's vital to shift these beliefs before heading back out dating. How?

Join us at the Soulmate Attraction Summit on May 1, where you'll discover:

- The real reasons why you're still single
- How to avoid the wrong partners
- Why "rejection" is actually a good thing (and how to get past it)
- How to consciously attract an evolved partner
- How to know if they're a keeper

It's your time to feel cherished and adored — [learn more and register here](#).



Healthy hints



[Stress awareness month](#)

Rockin' recipes



[Wow-worthy Easter recipes](#)

Creativity corner



[Easter craft ideas](#)

Comedy central



[Dating spiritual people](#)

Hope you have a very Happy Easter!

xo Karen

Karen Strang Allen

Love & Empowerment Coach for Single Women

International bestselling co-author of *Unwavering Strength, Volume 2*

Author of *Free to be me: Create a life you love from the inside out!*

[Website](#) | [Blog](#) | [Book](#) | [Facebook](#) | [Twitter](#)