



Empowered Living #43 – Pressing the restart button

January 2021

One of the best things about the beginning of a new year is that it allows us to hit restart...you know, like when you get the blue screen of death on your computer and you reboot so that things go back to normal.

I wish this year it was as simple as pressing a button. Many of us are craving going back to normal...we're wanting this pandemic to be over. We want to see the people we care about and return to our regular activities and enjoy exploring the world again.

The truth is, it may be a while before things are "normal" again. But in the meantime, we can learn how to embrace the new normal...to actually make sense of the chaos and seize the opportunity that is before us to do things differently...to not only restart our operating system, but actually *change* it.

It's in times of difficulty that we see the true creative power of the human spirit...and this pandemic is certainly presenting us with opportunities to do things differently. So if you want to learn how to make the most of the strange times we find ourselves in, read on... 😊

Upcoming events

- **January 21:** [Single Gals - Travel lovers social](#) (virtual event – attend from anywhere)

Resources



Read about how to remain positive and hopeful heading into 2021.

[2020: A year to remember](#)



Discover 5 steps you can take to help you get going on the right foot and make this a great year...

[5 steps to jump-start your year](#)



Need to find a better feeling way to set goals, pursue your dreams, and ensure this is your best year yet? Check out:

[GREAT goals: How to get what you want this year](#)



karen strang allen

love & empowerment coach • speaker



Overcoming loneliness

Everyone feels lonely from time to time...but loneliness is a bad reason to date.

Loneliness is a very low-vibrational energy. Love is a high-vibrational energy. You won't attract the love and joy you're hoping to get when you're in a place of loneliness, despair, and frustration...you'll just attract the players, liars, cheaters, narcissists.

You have to change your energy first **before** you take action and date. A great partner will come to you once you've done the work to heal your heart and eased your loneliness in healthier ways, by building a life you truly enjoy and surrounding yourself with good people.

Don't go into a relationship with your happiness cup partly (or mostly) empty. A healthy relationship starts with both people having full cups...and knowing how to refill them on their own. Then they share their happiness *with* each other, instead of trying to extract it *from* each other.

So if you're feeling lonely, please don't date. Learn how to connect deeply with yourself, with others and with source energy. Your loneliness will naturally subside when you discover that you can not only be ok on your own...you can actually build a very full and rich life with many relationships to rely on for connection.

If you're struggling with loneliness right now, check out this blog post on [Overcoming Loneliness](#) and this free video training: [Loving without Losing](#).

Healthy hints



[Mental health meditation](#)

Rockin' recipes



[Comfort food recipes](#)

Creativity corner



[Make your home cozy](#)

Comedy central



[What is this?](#)

Wishing you a healthy and happy new year! 😊

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!*

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