



karen strang allen

love & empowerment coach • speaker



## Empowered Living #53- What matters most January 2022

I don't know about you, but 2021 is a year I'm kind of glad to say goodbye to!

As challenging as 2020 was, this past year was much harder for me personally – losing my Dad to cancer, some significant work and health challenges, kids struggling with so little access to friends, and 3 more rounds of COVID-related shut-downs.

I know many people who lost loved ones, jobs, and opportunities to see friends and family, as well as people who became ill or had to care for little ones or parents at home. It has certainly been a trying year...but it has also been a year that has magnified for many of us what is truly most important...like health, mental wellbeing, freedom, friends and family.

So I invite you to join me in reflecting on what this past year was about, and how we can use the lessons of 2021 to make this year a brighter one.

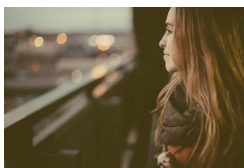
### Upcoming events

January 21 – Virtual Paint Nite and Social (join through [Meetup](#) or the [Empowered Single Women FB group](#))

### Resources



Learn to identify what you want the most for yourself in the coming year in: [Out with the old, in with the new](#)



Discover how to remain positive and hopeful heading into 2022 in: [A year to remember](#)



Learn how to make this a great year in: [5 steps to jump-start your year](#)



**karen strang allen**  
love & empowerment coach • speaker



## Dating and relationship tips: Deciding who to keep in your life

The start of a new year is a good time to re-evaluate the relationships you have and the people you spend the most time with.

When trying to decide who should stay and who should go, ask yourself these questions:

- Do I enjoy spending time with this person (most of the time)?
- Do I feel like I have more energy afterwards, or do I feel drained?
- Do I feel able to be fully myself with this person?
- Is the discomfort I feel about them, or about me?
- Is there a conversation I am avoiding that needs to be had?
- Do I need to set a boundary or ask for what I want?
- Does this person have the qualities I most want in a friend/partner?
- Do we both contribute reasonably equally to the relationship?
- What would I lose if I ended this relationship?
- What would I gain?

Remember that a relationship does not have to be perfect or meet *all* our needs to be worth keeping. And sometimes the reason we want to end a relationship is because it's the easy way out...we're avoiding speaking our truth and asking for what we want. Be sure you've said what you need to say and given the other person a chance to meet your needs before saying goodbye. That way, if you do end things, you'll feel at peace.

### Healthy hints



[Remedies for migraines](#)

### Rockin' recipes



[Easy dinner recipes](#)

### Creativity corner



[DIY planners and journals](#)

### Comedy central



[Women know things that men don't](#)

Wishing you a healthy and joyful 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!*

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