



Empowered Living #57 – Hitting the reset button

Winter 2023

As a new year begins, it's a great opportunity to review how the last year went, recharge and recenter, and decide what to adjust going forward.

On a personal level for me, the past two years were tough ones...losing my father, two uncles, my step-daughter and brother within a year of each other. I definitely struggled at times. But I am a firm believer that every challenge brings blessings and growth opportunities. These losses cracked my heart open, gave me a new appreciation for my health, and caused me to ask myself...am I prioritizing the people who matter most to me? Am I living my life to the fullest now, since life is never guaranteed?

Every new year acts a checkpoint...a chance to evaluate whether our life is going well, and if not, what to do about it. It's also an invitation to ask ourselves whether we're being the person we really want to be. With that in mind, I hope you enjoy the resources shared in this newsletter. Happy New Year!

Upcoming events

- **January 20** – [Single Gals skating and dinner](#) (Ottawa)
- **February 9** – [Fall Madly in Love with You](#) (online masterclass)

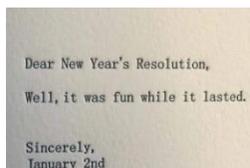
Resources



Learn how to truly care for your body, mind and spirit in:
[The power of self-care](#)



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



Learn how to make 2023 great in:
[How to accomplish your goals this year](#)



Dating and relationship tips: Bringing your best self into 2023

Whether we realize it or not, we don't always bring our best self into our relationships. Often, we carry with us resentment, anger and pain from the past, and these unprocessed emotions get triggered the second there is a disagreement with someone we're close to. Then we act in ways we're not proud of.

Similarly, part of why we don't achieve our goals is because of the identity we're taking action from. We are often trying to move forward using outdated subconscious programming and views about who we are, and then telling ourselves when we don't achieve our goals that we *can't*, when the truth is that we *can*...we just need to update the programming first.

So as we enter a new year, here are some self-reflection questions to ask yourself, to determine whether you're bringing your best self into 2023...and how much more is possible if you do!

- Who do I need to be to achieve my goals?
- Am I bringing my best to my relationships? If not, how can I improve?
- What story about me am I ready to let go of?
- If I believe in myself 10% more, what could I achieve?
- If I believe in myself 50% more, what could I achieve?

Healthy hints



[Winter health tips](#)

Rockin' recipes



[Cozy winter recipes](#)

Creativity corner



[Winter DIY projects](#)

Comedy central



[Funny dating meme](#)

I invite you to join our online community: [Empowered Single Women: Loving life and attracting love!](#) This Facebook group is a place to connect and share with other amazing women who want more out of life and their relationships.



I hope this new year brings you all the love, joy and abundance you deserve!

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](#)