



Empowered Living #58 – Spring cleaning your beliefs

Spring 2023

I love the energy of spring...longer days, melting snow, budding trees and birds chirping. Even if winter drags on (as it seems to be doing this year in Ottawa), you can still feel the energy shifting!

We get a renewed hop in our step, and extra energy for spring cleaning and decluttering. We suddenly feel like emerging from hibernation to attend social events again and get a second wind for pursuing those goals we set in January. Spring is also when singles head back out in search of love...often without an effective strategy or the right mindset.

Whatever your goals this year, it's important to ensure that your beliefs support you. So this spring edition is designed to help you reflect on your beliefs, change what's not working and reconnect with the very best of who you are, so you can achieve what you most want in life and love. Enjoy!

Upcoming events

- **April 13** – [Finding Love in These Crazy Times](#) (free online masterclass)
- **May 27** – [Soulmate Attraction Summit](#) (1-day live online workshop)

Resources



[The beauty of being yourself](#) – How to break the cycle of comparison and own your uniqueness.



[Embracing change \(video\)](#) – Discover how to leverage your challenges and uplevel your life!



[Do we have to love ourselves to love and be loved?](#) – Learn what self love is *really* about, and how it impacts our relationships.



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.



Dating and relationship tips: Dating beliefs tune-up

We don't get what we *want* in life, we get what we *believe*.

So if you have limiting beliefs about yourself, other people, or what's possible for you, those beliefs will hinder your ability to create the outcomes you most want.

For example, when looking for love, these beliefs will get in your way:

- I can't trust men.
- All guys want is sex / younger women.
- Men won't commit.
- The good ones are all taken.
- It's hard to find what I'm looking for.
- I'm not good/pretty/young/attractive/smart enough.
- I'm better off alone.

When you have these beliefs, you feel discouraged. You doubt yourself. You feel afraid. You build a wall around you that keeps good people out. You either give up too easily or don't take action at all. Long story short, your beliefs generate negative emotions that keep you stuck re-living the same reality over and over again like Groundhog Day.

If you know your beliefs are getting in your way, I invite you to join us for the [Soulmate Attraction Summit](#), where we'll help you believe in love again. It's a full-day transformational virtual event that is currently a steal at 50% off (only \$97 plus tax — but only until April 14). [Learn more and register here](#)

Healthy hints



[Hypertension and women](#)

Rockin' recipes



[Delicious spring recipes](#)

Creativity corner



[Spring cleaning tips](#)

Comedy central

I'm not really single.
I'm dating myself.
I take myself out to eat.
I buy myself clothes.
I love me. I'm awesome.



[Funny dating meme](#)

May this spring re-energize you and fill your heart with joy!

xo Karen

Karen Strang Allen

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

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