

Empowered Living #54 – Empowered Dating

Spring 2022

Spring is here, and with it comes warmer days, flowers, and...spring fever!

Every year, spring energy causes singles to rush out to find a partner, and this year that energy is even more pronounced as we near the end of the pandemic and society reopens once again. People are ready to reconnect...and eager for love!

But what if you're feeling a bit anxious about getting back out there? Or you've been in a relationship so long, you have no idea how to date? Or you've been dating, but feel really discouraged with your results?

If this is you, you'll hopefully enjoy this issue, which is full of tips on dating from an empowered place. And I invite you to join us at one of our upcoming events, which are designed to put women in the driver's seat when it comes to dating and learn how to be safe and enjoy the ride.

Upcoming events

- **April 19** – [Finding Love in these Crazy Times](#) (free 1-hour virtual masterclass)
- **May 14** – [Soulmate Attraction Summit](#) (paid 1-day virtual event) *

*Note: Tickets are available at half price until April 19 @ midnight ET!

Resources



Discover how to be proactive when dating without scaring people away in: [The difference between initiating and chasing](#)



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](#)



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Dating and relationship tips: How to know if you're ready to date...

The women I coach often share with me that they're not sure if they're ready to date yet or not. So how can you tell if you're ready?

Part of it depends on how you feel; the other part, on where you're at in your life.

You're likely *not* ready to date yet if:

- You often feel anxious, depressed and down on yourself.
- You still feel anger, resentment, or pain when you think of past relationships.
- You feel pressure from others to "get back out there," but don't feel ready.
- You doubt your ability to attract a great partner.
- You fear or dread the dating process.

You likely *are* ready to date if:

- You feel happy and confident most of the time.
- You're in a really good place in your life and know how to make yourself happy.
- You have lots of activities and friends you enjoy.
- You have a strategy for dating and feel positive about the process.
- You feel confident that you'll find the one for you!

If you're not quite there yet, I invite you to join me at one of my upcoming events to learn more about the dating process and what it takes to be successful!

Healthy hints



[Remedies for UTIs](#)

Rockin' recipes



[Easter dinner ideas](#)

Creativity corner



[Homemade candles](#)

Comedy central



[Men have no idea what women want](#)

Wishing you a wonderful (and warm) spring and Easter!

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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