



karen strang allen

empowerment coach • speaker • author



Empowered Living #20 – Lifting our spirits

November 1, 2018

Happy (belated) Halloween!

November can be a very blah month, as the trees stand bare, and colder, drearier weather appears. Particularly in Northern climates, our mood can really be impacted by the shorter days and lack of sunlight. I know I've been feeling some heavier energy this past week!

It's normal to feel down sometimes...it's part of the human experience. But it's important to learn how to shift out of non-resourceful states so that we can help ourselves feel better and get back on track. So this month's e-zine is all about how to shift our focus...away from our dark thoughts and moods, and towards what's already great and what we want to create in our lives.

Upcoming events

- **November 17-18:** [Heartbreak to Breakthrough transformational weekend event!](#)
- **November 29:** [Single Gals dinner and movie night \(Nobody's Fool\)](#)

Inspirational videos

Check out these short (5-7 min) Facebook live videos where I debunk the 3 most common limiting beliefs single women have about why they're struggling to find the right partner:

- Part 1: [There must be something wrong with me](#)
- Part 2: [There's just no good guys out there](#)
- Part 3: [It's just not worth it](#)

AND, if you missed my Lemons to Lemonade online masterclass, you can [catch the replay here](#).

Reading room

Grab a tea, coffee or glass of wine, settle into a comfy chair, and enjoy these articles...



When you're feeling down, it can be hard to want to do anything. Everything just feels like too...much...effort. But you don't have to feel good (or ready) in order to change. You just have to decide to do it, one tiny step at a time.

Learn how in [Motivating yourself...when you just don't feel like it](#)



Dating and relationship tips: Why is dating so hard?

If you're dating but not meeting the right person, it's likely because of one (or more) of these 7 factors:

1. You're not clear about what you want in a partner/relationship.
2. You are out of energetic alignment with what you want to attract.
3. You're dragging emotional baggage with you from past relationships (pain/anger/resentment).
4. You have limiting beliefs about yourself/men/love/your ability to find love.
5. You don't know how to date or where to meet people.
6. You're not feeling confident you can meet someone you like.
7. You're setting the bar for what you want either too high or too low (relative to where you are).

As with all things in life, it's important to get into alignment before taking action. Only date once you're feeling confident that:

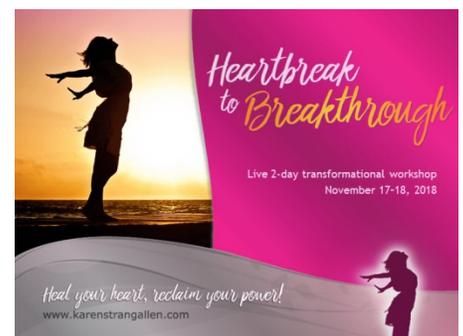
- You know what you want.
- Most days, you're feeling good about yourself and your life.
- You've released (most) past emotional baggage.
- You are a great catch.
- You won't settle for less than a great relationship.
- There are great guys out there.
- It's only a matter of time until you find one!

Special events

I'm thrilled to announce I'm once again hosting my [Heartbreak to Breakthrough transformational weekend event](#) in November.

At Heartbreak to Breakthrough, you'll become empowered to:

- Heal your heart with the support of other amazing women
- Discover your relationship needs and desires
- Change the relationship patterns that imprison you
- Appreciate your priceless value
- Develop unwavering faith that you can create the life you want!



This **live transformational weekend** will show you how to go from feeling shackled to grief, resentment and anger, to feeling uplifted and free to live the life you want...either as a sensational single woman, or with your dream partner! [Learn more and register here...](#)

Tip: Enter code "H2BNOVEMBER" at checkout to get a \$50 discount (until Sunday, November 4 at midnight).

Healthy hints



[5 love languages at home](#)

Rockin' recipes



[Creamy parmesan herb chicken](#)

Creativity corner



[DIY bath bombs](#)

Comedy central



Inspiration

“You can take control of your state and consciously shift it by doing what will help you to feel better...whether you “feel like it” or not.” – Karen Strang Allen

Have a great month!

xo Karen

Karen Strang Allen

Women’s Empowerment Coach and Speaker

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](#)

