



## Empowered Living #32 – Out with the old, in with the new!

January 1, 2020

Happy New Year! This year is an exciting new start, as we begin not only a new year, but a new decade!

When I reflect back on what has transpired for me in the past 10 years, a lot has happened...my ex and I split up, I bought a new home, my mom got Alzheimer's and passed away, I had a few health crises, I went through a few relationships that didn't work out, I raised my kids, I started two new businesses. Whew! There was a lot of change, a lot of challenge, and a lot of growth.

Now as I look forward to what the new decade will bring, I can truly say I've stepped into a new, more powerful version of myself, and I'm eager to add a great partner to my life and continue expanding on my growing business. 2020 is said to be a very prosperous year in general for all of us, and I can already feel the energy shifting as we leave 2019 behind.

So as we enter the next decade, I encourage you to take stock of where you are, let go of what no longer serves you, and consciously decide what you want in your life going forward.

### Upcoming events

- **January 21:** [Single Gals – dinner and movie night!](#)

### Resources

Grab a warm drink and enjoy this month's FREE resources...



To harness some of that “fresh new start” energy as we head into 2020, and create a vision for the life you want to live, see: [Your 2020 vision](#)



For more great tips on creating goals, see: [GREAT goals: How to get what you want this year](#)



Check out Jack Canfield's take on [Setting your goals for 2020](#)

## Dating & relationship tips: Checking in on the health of your relationships

Most people go into relationships for what they can get from them: joy, affection, companionship, love. But have you ever considered whether your partner (or relatives, kids or friends) are getting what they need from you?

One of my favourite relationship tips comes from Jack Canfield. On a regular basis, he asks his wife to rate her level of happiness with their relationship on a scale of 1-10. If it's anything less than 10, he asks her what he can do to make that number a 10.

This is a very bold and brave question...it requires you to make yourself vulnerable to criticism, and to be willing to listen to the answer. But if what you want is a healthy, happy relationship that goes the distance, there is no better question you can ask.

Wouldn't you want to know if your beloved was unhappy, so you can course correct? Don't you want to know what they think would make your relationship better?

This strategy works well with anyone in your life – I've used it with my kids, and while they rated our family life as a 9/10, the suggestions they gave me for improving things were priceless.

Try it...there is so much to gain by knowing the truth of how the others in your life really feel!

### Healthy hints



[Beating the winter blues](#)

### Rockin' recipes



[Best soup recipes](#)

### Creativity corner



[Bucket list ideas](#)

### Comedy central



[Guys posing as women](#)

Wishing you a terrific start to 2020, and an amazing decade ahead!

xo Karen

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