

# What About Love?

## LIVE 4 YOU COACHING



*“Living the life you love begins with the love you have for yourself”*



Love is in the air! Can you feel it? When I think of the month of February the first thought that comes to mind is Valentine’s Day. Visions of roses, candy, hearts, cards, and cupids appear. Colors of red and pink multiply, representing the celebration of romance, caring, and love. Most of us think of Valentine’s Day as a couples holiday, to be spent with that special someone in your life. Restaurants will be packed with couples expressing their love for one another, gifts will be exchanged, and roses will be received throughout the day. It is important to spend quality time with our loved ones, which too often gets neglected because of the demands of daily living. But what about those of us who are single and do not have a “special someone” to share the day with?

For many who are single, this holiday triggers feelings of sadness and loneliness, wishing the day would just end. What if I told you this is a day to celebrate much more than having a boyfriend, girlfriend, husband or a wife? What if you thought of Valentine’s Day as a day to celebrate the love you have for yourself, along with friends and family? The love you have for yourself is the most important love of all! If you have someone in your life, be grateful for the love that you share. If you are single, be grateful for the love you have for yourself; it’s just as special.

Honor the love you have for yourself by acknowledging who you are, where you have been, and where you are going. Remember, no matter where you are in your life, you are doing your best! I'd like to share some ways you can improve the relationship you have with yourself, which will also improve the relationships you have with others:

- *Fall in love with yourself, be gentle*– What does “loving yourself” mean to you?
- *Stop criticizing yourself*– What qualities do you have that you really like?
- *Acknowledge your efforts*– What does this tell you about yourself? 
- *Let go of worry, have faith*– What can you do to improve the situation?
- *Trust who you are*– Have confidence in your abilities, along with your ability to make changes when necessary.
- *Forgive yourself, it's not your fault*– Every decision we make gives us an opportunity to learn something. What do you need to forgive yourself for?
- *Be honest and truthful with you*– Embrace how you feel, don't hide it. Your feelings are an expression of who you are.
- *Nurture your passions and dreams*– Expressing yourself fully will help you embrace who you are completely. How can you make your passions and dreams a reality?
- *Relax, Relax, Relax*– What relaxes you? How can you add more relaxation into your life?
- *Take care of yourself*– Honoring your health allows you to live a happier, more fulfilling life. What does “good health” mean to you?
- *Have fun*– There really is something to be said about “All work and no play.” Enjoy your life! What is your idea of fun? What can you do to bring more fun into your life? 

Why not let Valentine's Day be the day you do something special for yourself? It's the perfect opportunity! If you are single, why not celebrate your freedom? Expand your sense of love to family, friends, and past relationships. Reflect on what you do have and how much you have to be grateful for.

Do something you never thought of doing before, like sending yourself flowers. This may sound silly, but think about it.....instead of waiting for someone to "maybe" send you flowers, how good will you feel knowing that you will be receiving something beautiful? You can even ask the florist to pick out the flowers so you will still be surprised. Don't forget to include a nice message for yourself! With practice, acts of self-care will become a part of your daily life, improving the quality of the relationship you have with yourself.



*"You can define love by your experiences, or let your experiences be defined by love"*

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*February Flower*



*The Primrose*

**HAPPY VALENTINES DAY!**