

Love YOURSELF This Valentine's Day



By Gayle Crist Shisler

Whether or not you have a special someone in your life to celebrate Valentine's Day with this year, you can still feel lovable and loved. Why? Because you don't need anyone else to validate you and give you the love you want. You have the power to do that for yourself.

I learned that lesson the hard way in the 8+ years I spent alone after my divorce. And I now know this: not until you begin to enjoy your own company and are completely comfortable being alone will other people want to be with you and stay in a relationship with you.

I came to understand that there's nothing more attractive than a woman who knows how to make herself happy. Men love it! That means they don't have to be responsible for making you happy. This is true whether you're looking for a partner or already in a long-term relationship.

For proof, just look around the room at the next party you attend: you'll see how

people gather around the person who smiles the most, is the most upbeat, and seems the happiest. People having fun are magnets for other people.

So this Valentine's Day, if you don't have a significant other, make your own fun! My best friend and I did this a few years ago, and it turned out to be one of the best Valentine's Days I ever had, with or without a man.

It was 2004. I'd been divorced since 1996 and wasn't currently dating anyone. My best friend and I had been doing online dating for a while with mixed results, and she wasn't seeing anyone either. So she invited me to spend Valentine's with her, and we created an evening of friendship, love, and wonderful memories.

We ordered in a special meal from an elegant Italian restaurant, shared a bottle of our favorite wine, savored every delicious bite by candlelight, and finished with a rich, scrumptious dessert. She even wrote me a poem about what she loved most about me. It brought tears to my eyes. I told her how much she meant to me too, and we shared a soulful hug.

After dinner, we took our wine glasses into her living room in front of the fire and spent 2 hours sharing stories about anything and everything on our minds and in our hearts. There was

a warmth and intimacy about our talk that was real and beautiful. We felt connected, cherished, and loved...everything you're supposed to feel on Valentine's Day.

That evening was memorable and wonderful because we both decided to treat ourselves the way we desired to be treated by a lover or significant other. We loved ourselves enough to give ourselves what we wanted and needed.

Interestingly, just 5 months later, I met my new husband! I believe it's because I now really felt and believed how lovable I was and I exuded those vibes (which are VERY attractive, according to the Law of Attraction). Today, I teach this lesson to the women who come to me for dating coaching. Once you truly love yourself, men will want to be around you. So it pays to take the time to work on your self-esteem until you get to that self-loving place.

What can you do this Valentine's Day to show yourself how much you care? Give yourself some uninterrupted relaxation time? Luxuriate in that hot bath you've been promising yourself? Go to a bed and breakfast

with a friend? Buy yourself a new cologne, pedicure, or massage? Whatever it is that will make you feel pampered, special, and loved—just do it! To experience more love in your life, begin by loving yourself more.

Happy Valentine's Day, everyone!

Gayle P. Crist, M.S., *HealthyLife Planning*, is a life and dating coach in Doylestown. As a life coach, she helps people overcome procrastination so they can plan and take the steps toward their life goals—especially related to getting through divorce, sticking to a healthier

lifestyle, regrouping after job loss, writing a book, or decluttering. As a dating coach, she helps singles find places to meet other singles or have more success with online dating. She's also an experienced motivational speaker and workshop presenter and author of the book How I Met My 2nd Husband Online at Age 50. In 2008, Gayle will be offering courses and on-premises coaching at Boomer University in Ambler, PA. She can be reached at 215-489-0225 or coach@healthylifeplanning.com. Her website is www.healthylifeplanning.com.

PROCRASTINATING ABOUT LIFE GOALS?

LOOKING FOR MEN TO DATE?

I CAN HELP!

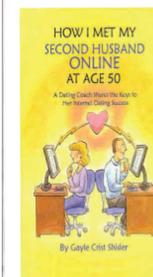
DATING COACHING:

- I met my 2nd husband at age 50 (he's 7 years younger than me!) & now I help other women find love too

LIFE COACHING:

- I overcame procrastination, launched 2 successful home-based businesses, & wrote a book & now I help other women do the same

Gayle Crist - Life Coach & Dating Coach
Author of *How I Met My Second Husband Online at Age 50*



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