

# Time for reflection

For the growing number of us who are single again, February can be a great time to reflect and take stock of our love lives, says Sharon Kell of Coco Moon.

When you find yourself single again, it is often our careers which fill the gap our previous relationship left behind. When we enjoy a successful career and are back in the single market again, there often is no great sense of urgency to get home in the evenings and therefore we spend a lot more time at work.

While there is nothing wrong with this, Valentine's Day and this time of year gives us a real opportunity to take stock of our personal relationships and align them with our often more successful professional relationships. This time of year can be great for agreeing a plan to improve your love life.

If you are single and hoping to meet a new partner to share your life with, then I encourage you to think about what it is you want from your next relationship... reflect on what has worked for you in previous relationships and what hasn't worked. Then when you have collected your thoughts, you may want to actually put wheels in motion to start looking for your ideal partner. You will increase the probability of this happening if you consider the following:

Try something new. Make an effort and get out and about trying new things and meeting new people. Even if it is as little as saying "hi" to a stranger who pleasantly smiles at you, it will make you feel good about yourself and who knows, it could just be the man or woman of your dreams.

Keep positive and don't give up. Unfortunately we cannot guarantee the month, date or exact time when our perfect partner will appear. We do know however, it usually happens when we feel good about ourselves and have an active life, so keep positive.

Appreciate what you have right now and avoid the temptation to focus on what you don't have. While there are many benefits to having that someone special in your life, there are many benefits to being single too.

It is great not to have to hurry home from work when deadlines are pressing, or being able to book that last-minute weekend away without having to give any consideration to a partner.

I wish you a happy and loving February. Until next time, take care.



Sharon Kell.