

# 7 Tips for a Good Valentine's Day When You're On Your Own

1

LOVE

Designate it a day of self-love. Do for yourself anything that is loving

2

GIVE

Give yourself a beautiful gift, as a loved one would give to you

3

NATURE

Be outside - open to the timeless love of the natural world

4

FRIENDS

Celebrate the love that exists in your friends and family, here and now

5

PLAY!

Be creative, like a child, and have fun with what wants to emerge!

6

JOY

Do something completely different, and allow quiet joy to still be present

With kindness, give to someone else; and notice you then give to yourself too

7

KIND

Keep your heart open and look with eyes of love - and enjoy your day