

New Year's Resolutions for the *Single woman* who is Frustrated with Dating and Breaking up Over and Over and Over

Blaming others for *where I am* in life is the same as giving them my *power*.

- **I will take full responsibility for the choices I make with my money, my relationships, and my emotions. I may have been victimized, but I am not a victim.**

Not cultivating a *relationship with God* leads to making poor choices in business and personal relationships.

- **I will cultivate a relationship with God every day. I will pray, worship, and talk to God as if my life depends on it.**

When I look do good and look good, I feel good. And when I feel good, I'm more *confident*. Confidence attracts more confidence.

- **I will strive for my personal best - not anyone else's. Whether it's exercising, eating healthier, or exfoliating, I will take better care of myself.**

When my *self-worth* is high, I attract people who value me, and repel people who could never value me simply because they don't value themselves.

- **I will maintain a healthy self-worth through prayer, meditation, and positive affirmations.**

The people I spend the most time with *influence* the way I feel about myself; the decisions that I make; and the way that I behave.

- **I will maintain healthy relationships with healthy people.**
- **I will focus on the people who love me instead of chasing those who don't.**

It's impossible to give *love* when my heart is still broken from something that happened in the past.

- **I will pray for those who offend me, and forgive them of their trespasses.**
- **I will take time to acknowledge my wounds so that I can heal and be ready to experience love when the time is right.**
- **I will wait until the time is right before I attempt to start a new relationship.**
- **I will be patient and wait on God.**

In spite of my mistakes, I *deserve* the love and the life that God has planned for me.

- **I will not beat myself up over the past. Instead, I will forgive myself and learn from my mistakes.**

Signature

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