

## **Filling Self Up Before Creating a New Relationship**

One thing that many who have lost a spouse want to eventually have is a new relationship. Before you do, you want to make sure that you know who you are now and what you want in your life. You then have a better idea of the type of person you want in your life. Figuring out who you are and learning how to become your own partner first is part of the journey. When you can learn to love and care for yourself and meet your own needs without relying on someone else to complete you, you don't create a relationship from the space of needing that emptiness or void to be filled. You can discover who you are, your worth and how valuable you are without receiving confirmation or denial from someone else. When you do this and learn to love yourself, you are creating a foundation. This is a solid foundation of self-love that you are becoming who you are now, creating the life that you love, and creating a solid foundation of yourself that you are bringing to a relationship.

We want for you to become your own soulmate first. To follow your heart, listen to your inner voice, and stay open to love.

You have to step into, create, and become the love that you want to receive from someone else. You want to love yourself to the fullest. Where you feel worthy, full of self-love, and confidence. When you do, you are then living in the vibration or frequency that is capable of attracting someone with the same vibration that is at the top of the Emotional Scale.