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Dear Friends,

It's Valentine's Day in the U.S., a day during which we usually look for external validation of our lovability. It starts young - did I get a card from everyone in my "mailbox" made of red construction paper at school? Did I get one from that special someone? Who got roses, and who didn't? A candlelit dinner, a necklace with a heart locket on it? A big box of chocolates? We wait, and we see.

I think it is time to reclaim our relationship to Valentine's Day as a celebration of our love for ourselves. No gifts are needed, but if you'd like to shower yourself with presents, feel free to. Start the day by writing down 10 things you love about yourself. Push through your resistance to do that and learn from that resistance as well. What is your capacity to love yourself? Articulating those things you love about yourself will help grow that capacity.

I am going to buy myself a bouquet of flowers that I love. How will you celebrate your love for yourself today?



A few links I've run across this week:

1. Parents (and others who work with kids), here's [how to grant your child an inner life](#).
2. [How to cope with Trump-era Depression](#)
3. [8 Powerful Steps to Self-Love](#). First, start with self-compassion.
4. [How to cultivate self-love](#)
5. Help save lives. [Sign up to be an organ donor](#).

What's coming up:

Women's Writing Retreat - Fall 2020 - Come write with me in the mountains of NC in September (Sept 7-12). Info is [here](#). This is my most intimate retreat, with only 7 writers for 1:1 time in a beautiful space. *One ticket remains*.

Life is a Verb Camp - October 29 - November 1, 2020, near Asheville NC. [Go here](#) to get information and to register. You'll leave inspired, with an amazing community to support you in your journey.

Hard Conversations Book Club - It's never too late to join this group of folks who read and think in community each month. Our reading list will expand your world. You can find the 2020 list and other information [here](#).

Hard Conversations: An Introduction to Racism - Begins March 3, with live calls from 8-9:15 pm Eastern on March 10, 17, 24, and 31. We focus on systemic racism, white privilege, the myth of colorblindness, and how to be an effective ally. [Go here](#) for more info.

Hard Conversations: Whiteness, Race, and Social Justice

Begins April 7. Focuses on white racial identity, hallmarks of white supremacy culture, what it means to be white in a racist world, and how to create a positive white identity. [Go here](#) for info.

Thanks for reading. If you like this newsletter and want to support it, forward it to someone who'd like it. If you're seeing this newsletter for the first time, you can subscribe [here](#).

Love yourself first,

Patti

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