



# to empower men

## TALKS ABOUT HER INITIATIVE, E-BOOK AND INSPIRATIONS



### Let this New Year resolution be 'love yourself more'

WE ALL start January with big New Year's resolutions. We hope these 'commitments' will help us to find a better job, drink less, join the gym, get back on to the dating scene, travel more and so on.

Those resolutions may materialise, but often our gym memberships go unused, we're still single and at the pub on Friday without realising you and a fellow friend have consumed a whole bottle of red wine within an hour moaning about single life.

If you read my column regularly, you'll know I am very much single, but I do go to the gym 3-4 times a week and my day job is going really well, so I can stick to my New Year's resolutions. Dating is another matter though.

This summer I dated a guy I met at a dating event for a few months. We met for dinner, danced together and engaged in long, late-night telephone conversations. It, however, soon changed and for so many reasons the relationship ended. This was probably the lowest point of the year as I felt I had given my all to the brief relationship and didn't get the same amount of effort back. After a little breakdown (I am not a crier, but one evening I cried a lot), I got over it and realised I'm worth a lot more. A guy needs to treat me how I deserve and it shouldn't be one-sided.

On the other hand, I have had some wonderful travel related highlights this year. My friend Bina celebrated her 40th birthday and we took a girls trip to Mykonos in Greece, where we had a great time. The food was delicious, our villa was absolutely gorgeous, the weather was perfect and Mykonos is extremely picturesque. I also went to New York City for our friend Natasha's wedding with fellow columnist Urvashi. We ditched the popular tourist attractions and visited Brooklyn, foodie places and tried some fitness classes. It was my second time there and I enjoyed it more than the first visit around 10 years ago when I had gone with a boyfriend.

Apart from the one low point, I have had a great year and I look forward to 2019. For the year ahead I have decided not to take people for granted. I will tell my friends I love them and hug my parents along with family members more. Of course, you can't have New Year resolutions without the usual, drink less and lose weight. I am also going to make sure people do not take me for granted. Friends, family and partners should not take advantage of your kind nature. They should make time for you because everyone can make time for you, if they don't then it's just an excuse.

One thing I have done is taken on too much and I need to learn how to say 'no'. I've suffered from burnout, so saying no to stay home to eat pizza in front of the TV is fine. Cancelling plans is fine. So everyone, my message to you for 2019 is value you and love yourself because self-care starts with you.

#### You help diverse people, but who do you go to for help?

I love this question. One of my favourite coaches, Rich Litvin says 'you can only take your client as deep as you are willing to go yourself' and I couldn't agree more.

I have been on an intense journey of healing myself and constantly enrol myself in courses to enhance my skills. I get regular Reiki, hypnotherapy and other healing done on me as well.

#### What advice would you give anyone going through a difficult time?

There is light at the end of the tunnel, even if you don't see it.

Breathe deeply, connect with your breath, understand you are alive and that is all that you need as proof to know that things will get better.

If you have come this far, you will go further, have faith and trust in yourself.

#### And finally, what inspires you?

My community of men give me so much hope that there are good men in this world and that they will be amazing men in every role they adopt, be it a friend, brother, son, husband, father, grandfather, employee, boss, leader or anything else. And that we will have conscious families driven by kings and queens, of course.

Visit [www.anushkalalwani.com](http://www.anushkalalwani.com) for more