

Confidently Cherished EP 165: How to Attract Love in 2025

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You. That 2024 was a bit of a wash and that you are now looking forward towards 2025 in order to set your New Year's resolutions and create your best life ever. You are doing it all wrong. So instead we are going to take advantage of a special time period that starts right now. So October is the beginning of winter arc, and if you are wondering what winter arc means, this is the last three months of the year. So, you know, most people are taking this time to be lazy. They are chilling out, the weather's getting cooler, they're staying in, they're not going out as much. Maybe if they're working out outside and taking those long daily walks, they're no longer doing that and they've kind of given up on resolutions for 2024 and they're like, you know what? End of the year it's just gonna be a wash and we'll just wait until January and start over again.

Instead, I want you to embrace winter arc. And what that means is we are going to take this time to get our routines together. Now we are going to get our lives together. Now we're gonna go ahead, set the goals, start to establish the routines, give ourselves some practice time to get into some new habits, maybe find what works for us and what doesn't work. And that way when January starts, instead of being where most people are, where they are just starting on their resolutions, where they are dealing with the trial and error, then realizing certain things don't work and then getting frustrated, you have the momentum, you are hitting the ground running and you already know like what's gonna work for you, what's not gonna work. You're gonna have so much more motivation than most people who, as we know, typically give up their New Year's resolutions by the end of January.

So if you're wondering what are some of the things that you should be doing for this winter arc, um, I have five things that I am personally doing and over the next couple of months we can talk about more of them. But here are five to start. So number one, you wanna audit your solar system. I always tell my clients that they are the sun and every relationship around them is a solar system. So there people in your life who deserve to be Mercury, they have always been there for you. You know, you can count on them. They are dependable, they are loving, they respect your boundaries, all of that. There are some people on the other hand, who should be Earth or they should be Saturn, or they should even be Pluto because there's one thing about having them in your life period. Maybe they're not somebody who's so toxic, you're gonna completely kick them out because you know, that's what we normally talk about, right?

Is the people who are incredibly toxic and we just have to go no contact with. So maybe these people still stay in your life, but you don't have as many conversations with them, or you do set some more boundaries with them, or there are certain topics that you don't discuss with them or you just don't spend as much time with them. Now is the time to start going through your contacts list. And yes, deleting some people, but also just seeing who should have less access, who you know you don't wanna spend as much time with. And again, who you wanna promote because how you do one thing is how you do everything. So the way that you treat your romantic relationships is also the way you treat your friendships and your family relationships. If you're allowing friends and family members who don't treat you well to have a lot of access to you, you will do that in your relationships as well.

So this is the time to, I would encourage you to write down the relationships in your life and decide whether this is a person who deserves more access to you or less access to you. And to keep that in mind when you are out here seeking new relationships, both with friends and also romantically. Think about the people in your life who deserve to be close. Are the people that you're dating romantically, like do they have some of those same traits? Do they have some of that same trustworthiness? Respect for your boundaries, the qualities that are green flags for you in a relationship. So the second thing that we're gonna do to take advantage of winter arc is journaling. And this is especially for my girls who are overthinkers. You know, one of the easiest ways to come back overthinking is to just get it out of your head and get it onto paper.

So when I say journaling, I am encouraging you to brain dump just whatever's on your mind, write it down that way it is out of your mind onto paper. And if you really need to think about it, you have it written down so you can go back to it later. I'm also encouraging you to write about the good days that you are having. Write about your success stories. Write about the times where someone is nice to you, when you have a good date, when you have a good outing with family or friends, because you are going to have down days, everybody has them. And it is going to be so helpful to you to be able to go into your journal and look back on the good days and read about those, read about your positive feelings, and to again, have that momentum. You are also going to use journaling to do your inner work.

You know, the main thing that I help women with when it comes to dating and relationships is understanding what their unhealthy relationships pattern, what their unhealthy relationship patterns are. And by doing this, you're able to see those patterns, identify them, and then when you go out and you meet new people, you're able to say, Hey, okay, red flag, I'm seeing some of the same patterns that I've noticed in the past in relationships or green flag. You know, this person exhibits none of that behavior. And this is gonna be really important to you because this allows you to start to recognize the differences between healthy and unhealthy relationships. So as far as journaling goes, I have two journals. One is on stopping your self sabotaging behaviors, the other one is on healing from a breakup. Those are in the description right now, but there are so many books and journals on doing, uh, the inner work.

There are so many inner work workbooks that you can check out. So my journals are a great start and they're not at all expensive, but you know, you feel free to look up other ones online as well because you will find plenty of them. Now, again, we're gonna use this winter arc October, November, December to set ourselves up to have a, an amazing 2025 where we, you know, attract our soulmates, where we secure the bag, where we get it into our best shape, get into our best bodies. And the third thing that you're going to do in order to accomplish that is you are gonna spend the last three months of this year cementing those boundaries. Now remember, boundaries are never about the other person. They are about you. They are the things that you need to have in place when it comes to relationships with others.

In order for you to have, you know, in order for you to be the best woman you can be, the best daughter, the best friend, the best sister, the best aunt, the best romantic partner, the best friend, all of that. So when you set boundaries, it's not telling other people what they're gonna do. It is telling yourself and others how you are gonna behave. So I always use this example, um, I used to work the night shift and one of the things that I would tell men that I was dating when I was single was, Hey, I work at nights. So because of that, I don't accept phone calls late

in the evenings because I'm asleep. I need my rest for work. And if you call me past 7:00 PM like you are free to call, do all you want, but my phone will not be on, so I will not be answering.

So this is the time for you to take a look at, again, talking about those unhealthy relationship patterns. Look at the areas of your life in which you feel like you haven't, um, accomplished as much as you would like to at this point. And look at the ways in which through relationships in your life impact that. So maybe you have spent so much time being focused on, you know, issues with your family that you haven't progressed in your career as much. Maybe you've been, you've spent so much time trying to be that person who's always there for friends and, and all of that, that now you're single and you feel like your romantic life has suffered because the time that you would've spent dating, getting out there, meeting people, you were always too busy concerned with someone else's problems. Whatever those things are, you need to take inventory of that.

Look at how your relationships have impacted it and decide, you know, what are some boundaries that you need to set in place. It could be you have a friend who is constantly complaining about the same thing over and over and over again, and listening to this issue is draining you. And because it is draining you and your energy, you are at a point where you feel like you can't get anything done. You're not as accomplishing it as much as you want, or you just over feel blah. The boundary that you can set is that you are no longer entertaining conversations about that topic. Now again, this is a boundary for you. So that doesn't prevent this person from going to other people and talking about the thing they can do that all they want <laugh>. Um, you just will not be having these conversations anymore. So take that time to submit the boundaries that you want to have in a relationship.

And then number four is appearances. Now I understand that I may get canceled for this because anytime a woman tells other women that they should work on their appearances, it is always a thing. It is, oh, that is being a pick me. Um, you know, you are not a girl's girl, all of that. Here's the thing, and by the way, I say this as I am currently in a place that's recovering from Hurricane Helene. So excuse my appearance because uh, I'm without power and hot water and all that good stuff. But anyways, <laugh>, um, I'm not telling you that you have to go out there, get a BL get plastic surgery or anything like that. I'm telling you to eat healthier so that you feel better. I'm telling you to iron your clothes. I'm telling you to do one thing that you feel brightens your appearance and makes you feel better, even if it's quick.

Like for me, putting this lipstick on, you know, with everything else happening, there's not that much I can do with my appearance, but that takes 10 seconds and it makes me feel a little bit better, right? So doing these things every day to improve your appearance is going to make you feel more confident. When you feel more confident, you are more attractive and you will attract better relationships and you show up better in relationships. And honestly, people balk a little bit less at your boundaries. Um, they give you more respect and more attention. So we are going to take some time these last few months of the year on figuring out ways that we can approve our appearances. And the fifth thing that we are going to do for this winter arc, or at least the fifth thing for this video here, again, let me know if you want more things that we can do for winter arc to set yourself up to have the best 2025 ever.

But the fifth thing that we are going to do is seek higher guidance. And this could mean a lot of things. So when I say seek higher guidance, I am being a little vague here. Um, because ask

yourself what resonates with you. This may mean that you feel like you have fallen away a little bit from your relationship with God, and this is the time to establish your prayer life, right? Or reestablish your prayer life. Um, getting into scripture, all of that stuff. This could mean that you need to hire guidance in the form of going to therapy or going back to therapy. Maybe this is the time that you hire a coach like me. Maybe this is the time that you are growing your business or trying to make some strides in your career. So this is now going to be the time that you focus on getting a mentor.

It could also mean that if you follow coaches, consultants, general advice givers on social media, this could be the time that you audit. Like maybe you need to go into your YouTube, your TikTok, your Instagram, Facebook, all of that, and take a look at who you follow and whose advice you're listening to. This might be the time to unfollow some people and to follow some others so that you can get more advice. You know, one thing for me is I wanna cook healthier. So I've started following more accounts that give healthy recipes. Um, you know, I want to not just spend more time with my husband, but spend better time with my husband. So I've been following all of these travel accounts, not just for like a big vacation, but just so that we can do like some weekend road trips or day trips, things like that. So this is your time to seek that higher guidance. So again, winter arc is the last three months of the year, and this could be, if you treat this time correctly, you could be setting yourself up for the best year ever in 2025. So go into the comments, and first of all, in the description, check out those journals, but also in the comments, let me know what you're committing to in order to make again, 2025, the best year of your life. I will talk to you later. Love you so much. Bye.

Hey there. So you made it all the way to the end of the episode, which means I have two things to say. One, thank you so much. I truly appreciate it. And two, you like me, you really like me. So I would appreciate it if you would show that like by subscribing to this podcast so that more people can hear about it and enjoy it as much as you do. And if you want to know more about any of the links that I mentioned on this episode or any guests that I've had, be sure to go to keisha.rice.com/links. That's K-E-S-H-I-A-R-I-C-E.com/links. I can't wait to talk to you again in the next episode. So see you then.