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5 Ways To Having The Happiest Valentines Day Ever! (Even When You're Alone)

By Marla Sloane

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by: **Marla Sloane**

The thought of Valentine's Day conjures up romantic evenings, a candlelight dinner, and long walks with your loved one. It is, without a doubt the most romantic day of the year. So how could you possibly be expected to enjoy Valentine's Day when you're alone? Well, while it might not be all hearts and flowers, you can still spread the message of Valentine's Day: Love.

Over the years, I've interviewed numerous people and asked them what their favorite Valentine's Day memory was. Surprisingly, very few couples actually mentioned a gift or a special night out. In fact, most of the people I interviewed remembered their special Valentine's Day by things they did for others. Gifts they gave, whether they were store bought or home made that gave them the feeling of joy and happiness.

A heartwarming Valentine's Day for Jacque from California, was when she was in charge of bringing little treats for her daughter's 3rd grade class. After agonizing on what to do, she decided to make the extra firm red Jell-O, and cut them into heart shapes. After running to the store to get more mix, and spending a lot of time cutting out the heart shapes, she was frustrated and wondered why she ever signed up for the job in the first place. Was this a big mistake? When she passed out the treats in school, the kids' eyes lit up, and their sweet little voices filled the room with laughter and excitement. All the kids loved it! Jacque remembers feeling incredible that day. Her heart was glowing with happiness to see how much those kids loved her little treats.

Sometimes we get so wrapped up in our daily chores, that we often forget that children need to be remembered too. Teenagers often feel left out on Valentine's Day, but a handsome Colorado man gave two giggling teenagers a Valentine's Day they will never forget. Geoff was working on a resort property trimming trees, and noticed there were two smitten teenage girls sitting on the balcony watching him while he was working. Geoff knew he would be finished on February 13th, and thought he would he would surprise them with a dozen red roses on Valentine's Day, and signed it, the tree trimming guy. The girls were thrilled to get flowers on Valentines Day, and were still talking about it four years later! Geoff ranks that day as his all time favorite Valentine's Day!

Making someone happy (especially when it's unexpected) has a euphoric effect on you too. It's happiness shared twice. Is it possible to have a happy Valentine's Day even when you are breaking up? If you have a sister like Linda, you can. Linda's sister was going through a divorce in February, and she was heartbroken and distraught. On that Valentine's Day, Linda secretly sent her flowers at her office, and signed the card, "From your Secret Admirer." As soon as her sister received them she called Linda and said, "Oh my God, you will never believe what just happened, I got these beautiful flowers today, but I have no idea who they are from!" Linda had all she could do to keep from laughing, and giving away her little secret. Linda's sister went on to say that the entire office was trying to figure out who her secret admirer could be. Linda was happy that she could give her sister a happy Valentine's Day even when she was facing unhappy times.

Yes, it is possible to have a great Valentine's Day, even when things are looking a little dismal. Here are a few ways you can share your love this holiday.

5 Ways to the Happiest Valentine's Day Ever! Send a heartfelt Valentine Card to someone who has really inspired you and tell them how much they mean to you. Make a homemade Valentine Card and send it to your favorite relative you haven't seen in a while. Send flowers or candy to someone who doesn't have a sweetheart, and sign it anonymous. Make a Valentine's Basket and send it to a family that has gone through a difficult time and sign it, From Your Guardian Angel. Take your little niece, nephew, or cousin out for ice cream.

Giving is the fastest way to feel good about yourself. It doesn't have to be expensive, even a single hand picked flower will do. Anything coming from the heart will surely be felt and appreciated. It's two gifts in one. One is for the recipient and even a bigger gift for you.

Marla Sloane Ph.D. is a successful author and speaker. Her Daily Positive Affirmations subscribers have reached world-wide proportions, and her book, "The Masks We Wear and How to Live Without Them" is at the heart of her teleclasses; Live Your Best Life. Marla has also produced, Trilogy of Meditations, for your Mind, Body, and Spirit, which is distributed nationwide, and in Europe. You can visit her web site at: www.marlasloane.com.

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Give a Gift of Poetry this year to your Valentine

By Gary R. Hess

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Valentines day is a special holiday for couples in all stages of their relationship. Married, engaged or just a dating, valentines day is the time for you.

We all know what comes along with Valentines, chocolate and flowers right? Well, it's time for a change. This year give your loved one the gift of poetry. Poetry you ask? Yes.

Poetry lets you show your true emotions and lets your partner feel they are truly special. The poem doesn't have to be something you get from a well known poet and you don't have to go out and buy the latest *Poetry for Dummies*.

Poetry is about arousing senses and showing emotion. If you do that, you have a great poem.

However, if you feel you don't have what it takes to write or you are just plain lazy, there are many great places you can buy poetry, both customized and non.

One such place is [A Gift of Poetry](#). They have a nice selection of poetry with great customer service. I highly recommend them.

Valentines day is still a few days away, so you still have time to get your poetry ready for your loved ones. Give them a great gift this year, the gift of poetry!

Gary is a writer for [Love Poems](#).

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