

Share Your Love All Month Long

Myrna Lapres
February 9, 2026



Coach Myrna, February 9, 2026
www.coachmyrna.org/

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Did you know that in addition to Valentine's Day, February is also American Heart Month--a time when all people, especially women, are encouraged to focus on their cardiovascular health and Black History Month--celebrated in February to honor African American achievements and history, started by historian Carter G. Woodson in 1926? That is a lot of good things to celebrate and remember. I would like to share a couple of resources that you, your significant other, and your family can use to create more connection, communication, and celebration.

First: There is a movement to switch the focus in February from Valentine's Day to "Generosity Day." It is an excellent way to keep it from becoming too commercial, focusing on candy, gifts, and cards. Whether you are a parent, grandparent, teacher, or friend, you can bring kindness to the forefront. "Doing Good Together" is an online resource for raising children and adults who care and contribute. They have a **February 28 Day Kindness Challenge** with suggestions for families to do something for others each day. You can discover more about this movement and simple ways to incorporate more kindness and generosity in your family here:

www.coachmyrna.org/blog/take-valentines-day-to-heart

Second: How you ever wondered how much time should you and your spouse spend together? How much time should you spend separately, doing your own thing? Like so many things in life, it's all about balance. There's no perfect equation, and every couple is unique. The sense of balance you find during one season of life may also look a lot different during another – that's normal!

So what happens when you know you're out of balance? Recognizing you need more "me" or "we" time is one thing, but how do you make the necessary adjustments, in a practical sense? Check out this article from **Prepare Enrich** to learn some practical tips to help you fit just a bit more "me or we" time into each day.

www.prepare-enrich.com/blog/me-time-or-we-time-squeeze-more-into-each-day/

Third: Join the "Self-Care Isn't Selfish" webinar on Saturday, February 14, 10 am PT/1 pm ET. Our presenter, Kendra Stein will guide us to understand and use essential tools for connecting with true respect, uncompromising honesty, and ever-deepening love during her presentation "Fierce Intimacy, Part 2", based on Terry Real's book by the same title. Bring your partner or another family member to the zoom call.

To register and get the zoom link:

tinyurl.com/Feb-14-Self-Care

To view the previous webinar, "Fierce Intimacy, Part 1":

youtu.be/WvvOTPD0gLU?si=WkOLPrbooDQqMcl4

For more on Kendra Stein and her work:

www.apathtofamilyhealing.com/home



Self-Care Isn't Selfish:

Heal Yourself, Your Family & the World

Sat., February 14, 2026 10-11:30 am PT



Join us for "Fierce Intimacy Part 2." Kendra Stein will guide us to understand and use the essential tools for connecting with true respect, uncompromising honesty, and ever-deepening love. Invite your partner or family member to attend this special Valentine's Day webinar.

In the book ***Fierce Intimacy*** by Terry Real, we learn a revolutionary way of living in connection, one that allows you to cherish your partner, yourself, and your relationship. Terry's approach to relationship is called "full-respect living"--to skillfully and honestly assert your needs while also honoring your partners needs.

To purchase my book on

Amazon: www.amazon.com/gp/product/B09L7KS5VH

If you already purchased my book, I would love for you to leave a review.

www.amazon.com/review/create-review/?ie=UTF8&channel=glance-detail&asin=B09LGWWXVZ

If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/

Find out more about creating better connections with Safe Conversations www.coachmyrna.org/create-connection.html