Are you single? Count your blessings

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Valentine's Day is a day when you may feel sad, depressed or alone if you are single. However, with so many failed relationships, nasty breakups or unhealthy unions, some singles are seeing this as a time to embrace their solitude.

Ann Landers once said, "It is better to be alone than wishing you were." As a single person, why not use this time to focus on the benefits of being single rather than regretting a past you cannot change?

Here are some of the perks of being single:

1. Freedom. As a single person, you do what you want, when you want. You are not accountable to anyone.

2. You don't have to compromise or negotiate.

3. You have the time and energy to focus on other areas of your life like your career, health, friendships or other goals.

4. No in-laws to deal with.

5. Your space is your space. You can decorate it any way you like.

6. You can choose to be neat or messy without worrying about comments from your partner.

7. There are no emotionally toxic, codependent needs to deal with.

8. Your money is your money.

9. You can go out with friends and not worry about coming home late.

10. You don't need to stress about what your partner's friends think about you and if you fit in.

11. You don't have to wonder if you are settling.

12. Your time is your own.

13. You don't have to worry about breaking up with your partner.

14. You can create and visualize the details of what your future relationship should be.

15. Use this time wisely. Make a list of the things that are positive in your life today and work toward reducing your negative self-talk and eliminating the destructive patterns you tend to repeat in your relationships.

If you buy into the myth that you need a partner to be happy, being single can be lonely at times. If, however, you look on this time as an opportunity to work on yourself, appreciate what you already have and make a plan to be an even better you, just imagine the kind of partner you will attract into your life.