

BY ALMOST 30

# SACREDNESS OF — SINGLE

BEING

*Date Yourself*

MINI GUIDE

## **DATE YOURSELF *MINI GUIDE***

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This mini guide is meant to support you in cultivating a beautiful practice of 'dating yourself.' This is a practice that you will have with you for the rest of your life. Yes, even in a relationship.

Dating yourself is scheduling dedicated time with yourself to do what you might normally do with another. The chosen activity will often, at first, feel a bit outside of your comfort zone. But this is a sweet spot. You are being called to be what you need in those moments, to find joy and pleasure in what is in front of you, to allow the truth that arises from your heart to envelop your being. The chosen activity or experience should excite you to some extent. It might make you nervous, sure. But this should invoke a joy in just thinking about it. Often it's that thing you've been meaning to enjoy but haven't had time or have been waiting to do with someone else.

In the beginning of dating yourself, set aside time to journal on these prompts before you plan a date so that we can unravel some of the swirling thoughts and anxieties onto paper and begin to get clear about the next step forward. As time goes on, you will notice the profound shift in your reflections.



## SELF INQUIRY

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*When I think about the idea of going on a date with myself, I feel...*

*How do I WANT to feel when I am on my solo date?*

*What about this chosen activity or experience draws me to it?*

*How do I want to feel after my solo date?*

*What is the first thing I can do to plan this solo date?*

# TIPS TO SET YOURSELF UP FOR PRESENCE AND JOY:

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## *1. Start Simple.*

Let's not overcomplicate this first solo date. Minimize the mental hurdles and make planning and committing to this first one really doable.

## *2. Set an intention.*

Starting with an intention will change your life. Intention has this magical ability to imbue your experience and connections with what you desire to feel. Wayne Dyer said it beautifully in his book, *The Power of Intention*: "When you're connected to the power of intention, everywhere you go, and everyone you meet, is affected by you and the energy you radiate. As you become the power of intention, you'll see your dreams being fulfilled almost magically, and you'll see yourself creating huge ripples in the energy fields of others by your presence and nothing more."

## *3. Prioritize joy.*

Choose an experience that brings you joy. The energy of joy will create a buffer between you and any anxious, looping thoughts. Allow yourself to soften into the simple joys of what you plan for yourself.

## TIPS TO SET YOURSELF UP FOR PRESENCE AND JOY:

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### 4. *Mark it in your calendar in advance.*

Make sure this is scheduled formally, like you would any other commitment.

### 5. *Plan but allow for spontaneity.*

Strike a balance of structure and space for your solo date. Allow the structure/schedule to support you through moments of doubt and discomfort, and the space to conjure latent joy, creativity, and curiosity.

### 6. *Limit time on your phone.*

It might be tempting to numb the initial discomfort with scrolling and such, but I promise you that the feeling will pass sooner if you allow yourself to be with what's here in the moment. Bring your eyes to your surroundings, open your heart and awareness to the little signs around you that will remind you of how special this time is with yourself.

## TIPS TO SET YOURSELF UP FOR PRESENCE AND JOY:

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### 7. *Engage with people.*

The point of a solo date is not to isolate yourself. I encourage you to be open to conversation and connection wherever you are – always use discretion! Expect synchronicities and surprises.

### 8. *Have a record of your experience.*

While I recommend limiting your phone time, I do think that having a record of this experience is a beautiful thing to have to look back on. So take a selfie, record a voice memo, bring your journal. Capture your emotion, feelings, experience at any point :)

## SOLO DATE RECOMMENDATIONS:

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- ◇ Leisurely trip to the farmers' market for flowers for yourself and ingredients for a nourishing dinner later that night.
- ◇ A picnic in the park or on the beach with a book, a journal, and some tunes.
- ◇ Reserve a spot at the bar of a restaurant (or a table!) for dinner for one. Put your phone away and take it all in ~ the sounds, the sights, the smells, the taste.
- ◇ Take a fun, creative class to learn pottery, painting, or cooking!
- ◇ Get "lost" in your own town ~ explore shops, neighborhoods, restaurants, and landmarks that you haven't explored before.
- ◇ Attend a performance or event that interests you like a theater show or art gallery.
- ◇ Take a day trip to a local destination to explore and play tourist.



This is the start of something special. Soon your discomfort and doubt will dissolve and this will be a ritual that you naturally gravitate toward to recalibrate and spark Soul connection. Allow yourself to feel all that comes up throughout this process because that is a necessary and powerful part of this experience. I'm so proud of you. Know that you have Soul friends all over the world who enjoy their own solo dates and creating a connection with self that will support every other relationship one has.

All my love and support,

*Lindsey Simcik*

