



Make a date with yourself

We see people everywhere doing things by themselves. Eating in a restaurant, sitting in a movie theater or even traveling. Our initial reaction is to feel sorry for the one going solo. We assume they must be lonely or simply alone, with no partner, family or friends to be social with. This may be true in some cases, but in many cases, these singletons choose to spend time on their own.

The easiest way to give yourself this rewarding time is to make a weekly date with yourself. This allows time for self-connection and self-discovery.¹

The goal is to unleash your creativity but also to get in touch with and listen to yourself.

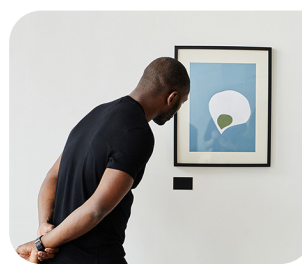
Choosing solitude is different from being lonely.

Reclaiming time for yourself is a form of self-care. And solitude is an opportunity to get to know yourself.

Dates with yourself don't have to be fancy or elaborate. The biggest expense should be your time and effort. A movie, a trip to a museum or a coffee at a new café are options. Keep a list of all the things you want to do and the places you'd like to go.

Here are some other suggestions:

- ✓ Find a great lookout to see the sunrise or sunset
- ✓ Visit an aquarium, arboretum or farm
- ✓ Cook a meal from a new recipe
- ✓ Check out a secondhand store and imagine how the items were used
- ✓ Visit an art gallery
- ✓ Take a long walk in the park
- ✓ Check out music at a local place of worship
- ✓ Go for a walk in an area of your neighborhood you've never visited
- ✓ Go to a restaurant you've never tried



Consider these new experiences as mysteries to be solved or adventures to be had. Ask yourself, if I try this new activity or experience new things, what will I see? What will it feel like? How will it taste and smell? What can I take away from this experience and apply to my daily life? Each one leads to solving the mystery of you.

Encountering new life experiences may surprise you.

Whether you like the experience or not, you will learn from it, giving you a greater understanding of yourself.

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¹<https://www.psychologytoday.com/us/blog/solitude-in-social-world/202202/8-ways-embrace-solitude>

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