

Today we are starting an eight day journey to learn how to accept being single. Being single and coming out of a relationship can be hard. Your lifestyle changes completely and there are some adjustments you have to make in life. As humans, we are made to be independent beings, but it can be hard to remember this after coming out of a relationship. Over the next eight days, you will learn how to be a better version of yourself and how to use your independence to change yourself for the better. Complete one slide per day and feel free to email, text, or DM me to follow up!

XOXO,
Kate

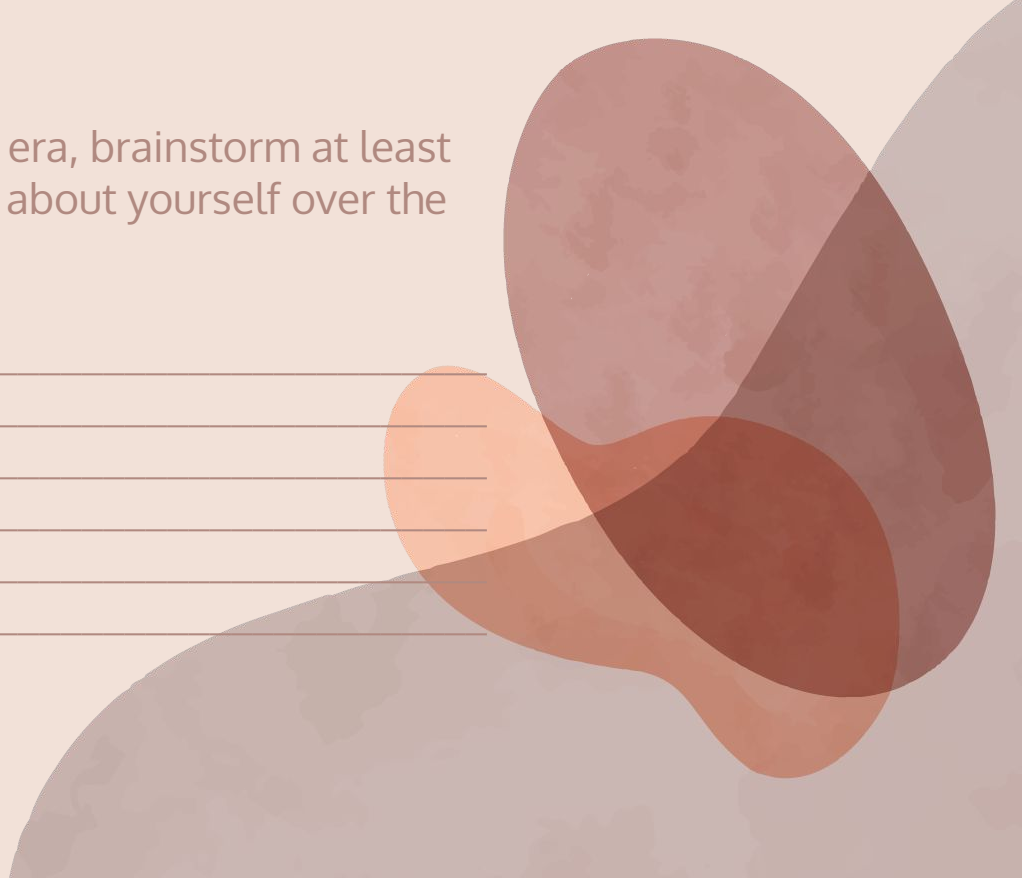
HOW TO BE SINGLE

LET THE JOURNEY BEGIN!
[@seekforselflove](#)

DAY 1

FIND YOURSELF

As you start this journey of your single era, brainstorm at least four different things you want to learn about yourself over the next few weeks.



FIND YOURSELF



Welcome to day 2! Today we will start off by making a list of qualities you want to leave behind, gain, or show more of. To the right of this list, write down HOW you are going to do so.

How you'll achieve it:

Quality: _____

Quality: _____

Quality: _____

Quality: _____

Quality: _____

Quality: _____



FIND YOURSELF

What is your purpose in life? Everyone has one...so put together a list of at least 6 things that give you purpose.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

FIND YOURSELF

Write down your life long goals. Explain where you'll be in 1 year, 5 years, and 10 years. Make sure that these goals are personal goals, meaning that you can achieve these goals with or without a partner.

Welcome to week 2! Week 2 is all about LOVING YOURSELF. In life, we have people who come and go, but the one person who experiences it all is YOURSELF. This first exercise, you're going to jot down some ideas of why you are a great friend and how you help or support your friends.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

DAY 6

Now that you know what makes you a great friend, you're going to try to treat yourself as if you are your best friend (because you should be!). Everyone has their ups and downs and can sometimes be their worst enemies, so with that being said, take a few minutes to write out some insecurities or things that you think you need to change about yourself.

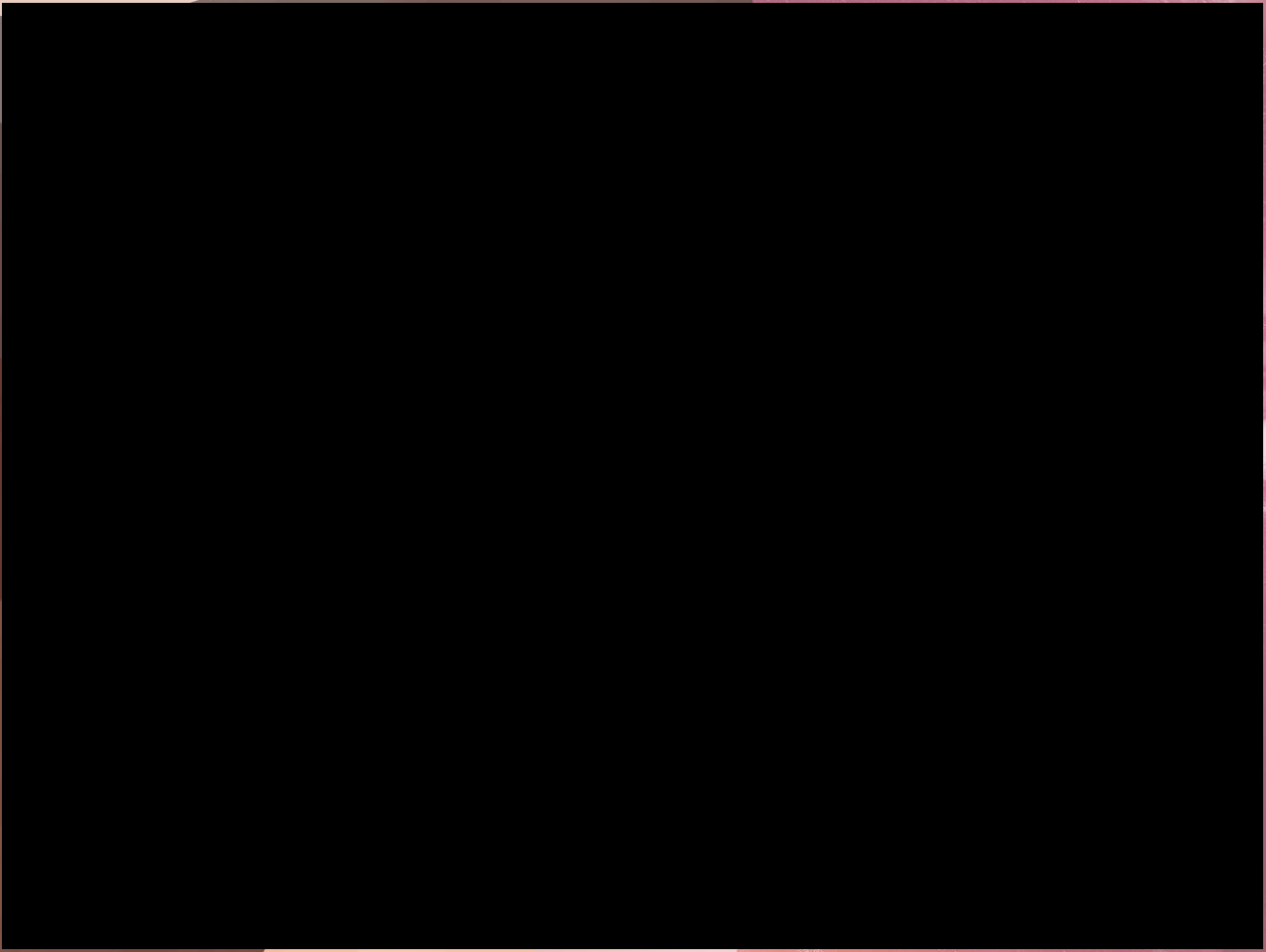
A large rounded rectangular box with a dotted border, containing seven horizontal dashed lines for writing.

This exercise was a little bit of a weird one, but now that you've completed it, look back at your list. Use this page to separate your list into things you CAN change, and things that you CAN'T change about yourself.

What CAN you change

What CAN'T you change

DAY 8



What can you change about yourself?

○ _____

○ _____

○ _____

○ _____

○ _____

○ _____

What actions will you take to change?

○ _____

○ _____

○ _____

○ _____

○ _____

○ _____



