



English (CA) ▼

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# Single and loving it!

People may choose to remain single for any of a number of reasons: maybe hobbies, and friends are where you want to focus your passion; maybe you've been in relationships, before and their conclusion led you to a different understanding of how you see your future; or it could be you haven't met quite the perfect person and don't want to settle for anything less just for the sake of not being a party of one.

On the other hand you may find yourself single by circumstance rather than by choice. Whatever the reason, you have every right to make the most of your singlehood, to embrace it – to LOVE being single, even! So how can you find the joy?

## **Stop comparing yourself to others**

Don't think that someone is happier because they are in a relationship. You are responsible for your own happiness whether you are coupled or single. Focus on being truly grateful for everything you have, for everyone in your life, for the big and small things. Taking the time to keep a gratitude journal can be a wonderful way to keep an attitude of gratitude and joyfulness.

## **Do everything you always wanted to do**

Just because you're single doesn't mean that the doors to the things you want to do close. Being on your own means you can

take advantage of all the things we've always wanted to do; volunteering, trying different foods, living where you want and more! Sure, there may be situations when you awkward being by yourself, but don't let that stop you. If you want something – go for it!

“ Choosing to be single isn't selfish. It's smarter to be alone than with the wrong person. ”

### **Me time**

No matter who we are, our time is rarely our own. Try to take advantage of your “me time” to nourish yourself physically, mentally, socially, and spiritually. Follow your passions – take up an activity you've always been attracted to. Join a group for a tour in a city or country you've always wanted to visit or start a new exercise program. The world is your oyster!

### **Enjoy your own company**

Don't be afraid to spend quality time with yourself – being single doesn't mean being grounded! Enjoy a dinner out at a fabulous restaurant. Take yourself out for coffee. Relish in the peacefulness of a long walk with only your thoughts and the birds for company. You may be surprised at how comfortable you can make yourself feel in your own company.

Remember – every relationship takes work, including relationships with ourselves. Take the time and effort to build that relationship, and you will reap the rewards of the single life!