

•CHICAGO EDITION•

# *Dare to Date Yourself*

25 WAYS TO MAKE TIME  
FOR SELF CARE  
THIS SUMMER

TATIANA M. GREEN



# DEDICATION

This eBook is dedicated to my faithful readership at BLISSforSingles.com. I thank you all so much for your shares, comments, social media support and feedback over the years. I appreciate you and want you to experience joy in this time of your lives! God bless you and keep you! ❤️

"JUST BECAUSE YOU ARE OF A CERTAIN AGE AND MADE SOME ACCOMPLISHMENTS WHILE SINGLE, DOESN'T MEAN THAT YOU'RE LACKING SOMETHING OR NEED TO BE IN A RELATIONSHIP TO LIVE A FULFILLED LIFE."

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# INTRODUCTION

Are you single and ready to date? Are you having a hard time finding the right people to connect with and potentially get to know? I know how that feels, and I have been in that stage of my single years for a while. It wasn't until a few years ago (2014) that I stopped holding myself back and slowly but surely went out on my own on what I call "me dates." It's a spin on self care with a focus on one or more reasons.

It's obvious that you're gorgeous, working hard and trusting God in this season of your life. This time of year is just ripe with opportunities to get out of your comfort zone and experience the feeling of being uncomfortable—in a good way. You may even try to rationalize why this doesn't sound like something you should do, but don't overthink this, sis. For some of us, me dates will cause you to face any fears or anxieties that you may have about going out on your own and owning it.

A me date is also about you taking yourself out somewhere you've been wanting to go or would like to go on a date. Perhaps some experiences never happened because you were waiting on other people to get their schedules to line up or you want to share them with a significant other. That's real, but that's also limiting.

I've asked some of my fellow single ladies to chime in on this idea of dating yourself, and I noticed that over half of them shared that they don't have the time to date themselves. Even those who have been on me dates don't go often. Another popular response was that budget was a factor in not dating themselves. Maybe you can relate to any of those circumstances as I have before. But this year is different and this summer is going to be different, do you believe it? This summer, I dare you to be more intentional about self care, to worry less... and to date yourself more.

Since you and I don't know when a date, relationship or future marriage will manifest, we have the opportunity to try something new now. Listen, life is short, and I don't want to have any regrets that I waited for my future husband to come along so I can travel, try new foods or even get my favorite flowers.

Get in the habit of saying "I'm dating." If you haven't dated much lately, you can speak out loud that you're dating to remove any anxiety about going out on your me dates. It beats saying "I'm not doing anything, same old same old," or "I'm just single" and start complaining. Just single?! Being unmarried is not a "just," ok? This status doesn't define who you are, *you define it*. You make the most out of it, if you so choose. That's the beauty of being single and dating yourself.

Since this is the CHICAGO Edition of this eBook, I'll be able to share more of my personal tips on what to do around the Windy City and where I have gone on my own me dates. Check some of these places in bold type for links to more info and deals! With that, I'm sharing 25 date ideas for you to get out and try something different for you to enjoy this time of your life while not hurting your budget.

*Feel free to share your me dates with me on Instagram using #DateYourselfChi*



# A FEW THINGS TO KEEP IN MIND FOR YOUR ME DATES:

## MAKE A COMMITMENT TO MAKING YOURSELF A PRIORITY.

Not the only priority, but ensuring that you don't drop the time for yourself for fleeting opportunities. Practice that self control and consistency.

## TAKE GOD WITH YOU ON THESE DATES.

This means being intentional about inviting the Father's presence with you on your outings. You can do this with prayer and worship as an invitation. Remember that where the Spirit of the Lord is, there is freedom (2 Corinthians 3:17 NIV).

## DON'T DISTRACT YOURSELF WITH TECHNOLOGY.

If you were going to go out just to stare at your phone the whole time, you could have stayed at home. Not this season, ladies! Bring your phone, but challenge yourself to not use it while on your date. Being present in the moment helps you appreciate where you are, literally and figuratively. I'll be adding some friendly reminders along the way ;-)

## BE SAFE, ALWAYS.

You want to use common sense and be aware of your surroundings as you would on a date with another person. If you don't feel safe somewhere, you have the right to leave and contact family or friends who should know where you are and what time they can expect you to be back home.

## TAKE NOTE OF YOUR PROGRESS OVER THE COURSE OF THIS SUMMER.

What are you learning about yourself that you haven't before? What new revelations have you come to realize about yourself while dating yourself? Have you become more fearless? Less socially awkward? Bolder in your approach to life? You won't find out until you try.

So here we are, are you ready to date? Without further delay (or excuses), let's approach this season with faith and openness to learn more about yourself.



# ONE | MOVIE DATE

One of the most popular date ideas for couples in our culture is going to the theater to see a film. It's also popular for singles, as it's something that women can be shy about doing solo. I felt shy about that too until I realized I like the movies that I like, and if I don't have people who like them or have time to see them with me, I can go on my own.

A couple of years back I wanted to see the film *La La Land*, so I ventured downtown to the **AMC Theaters at Block 37** to catch a matinee. I felt a little awkward at first when I went to this film showing, then I saw a few more ladies come into the theater on their own too.

Fast forward to today, I book tickets in advance to see movies on my own. If my friends or family can't make the matinee time, I go on my own and I'm not surprised to see other solo cinephiles (movie lovers) there either.

I share this story to make the point that getting out of your comfort zone, dating yourself, or trying something solo that you wouldn't have otherwise takes practice. The more you put something into practice, the more comfortable you will be with it.

I have been to movie theaters all over Chicago, but I really like the **Showplace Icon Theater** in the South Loop. It's easily accessible by public transportation or driving; plus there are shops and restaurants nearby to extend your date. Every Tuesday you pay only \$5 for tickets all day! If you want to be nice and comfy, there's a VIP area upstairs to watch the films with wider, plush seating in the balcony area of the theater.

**WHAT ARE YOUR TOP 3 FAVORITE MOVIES?**

**WRITE THEM DOWN HERE:**



## TWO | TOURIST DATE

There's nothing like being a tourist in your town or city. In Chicago there are a number of ways to tour this place that I've tried including trolley tours and boat tours. How about you?

Deal sites like **Groupon** and Travelzoo offer opportunities to go on all kind of tours for a low rate. Book it and see your town from a new angle and learn some history and culture in the process.

One of my favorites is the **Chicago architecture boat tour** that sails from Navy Pier. I took my mom on a boat tour around evening time so we could catch the Saturday night fireworks from Navy Pier once we returned from our cruise along the famous Chicago River.

If boating is not your thing, there are plenty of trolley tours in the city with specific themes and neighborhoods. The **Bronzeville Art District** is hosting their 13th annual trolley tours for exclusive views of this South Side gem for some Black history, art and local businesses. Their trolley tour dates this season include: July 19th, August 23rd and September 20th.

**WHAT KIND OF TOUR WILL YOU TAKE THIS SUMMER (BOAT, BUS, WALKING)?**





## THREE | MUSEUM DATE

The nerd in me gets so happy when I get to go to the museum, even if it's on my own. You can visit any specific museum of interest or visit one that challenges you to learn something new that you wouldn't have considered before.

Every state has at least one museum, so why not look into some cool art, history or science? Take your pick of available museums, aquariums, zoos, centers, etc. and find out which ones are hosting special events to go to!

This past Valentine's Day I took myself to my favorite museums in the city: the **Museum of Science and Industry**. Not only was it free that day for Illinois residents, but they had a beautiful exhibit by Black artists on display. I volunteered to view the exhibit with these special glasses that recorded what I was looking at for the museum's research department. I got an Amazon gift card out of the deal, so I was a happy girl!

If you want to save money on your visit to any Chicago museum, visit their website for seasonal hours of operation and search for any "free days" for Illinois residents.

Another option is to check your local library for museum or zoo passes, which grant free entrance to select museums and zoos in the city.

An additional benefit of going on me dates is that you get that chance to break away from the usual group you kick it with and be more open to meeting new people. I'm just saying—don't sleep on those special events at the museums; you never know what you'll discover!



WHICH MUSEUMS DO  
YOU WANT TO VISIT  
THIS SUMMER?



## FOUR | VOLUNTEER DATE

Volunteering may not sound like a date idea, but it is great way for you to tap into the benevolent side you have for the benefit of others. There will always be opportunities to volunteer, from schools to churches and nonprofit organizations.

Since we are all different, you can try volunteering for a cause that you're really passionate about. Is it a cause for kids, the homeless, the elderly or the sick? Those are just a few options, but there are plenty more to consider. If you are already active in volunteering, consider volunteering for another group or cause that you're interested in.

One of my favorite volunteering opportunities is with Hashtaglunchbag Chicago. The humanity service movement inspired by Living Through Giving invites the public to help pack lunches for the homeless every month. The process can take about a few hours for assembly and distribution. What I liked about it was that the groups of people that participate vary from month to month, so you can get a chance to meet new people and feed those in need.

This summer **Hashtaglunchbag** is hosting their events at The Promontory at 5311 South Lake Park in Hyde Park on the following dates: July 27th, August 31st and September 28th.

**WRITE DOWN THE VOLUNTEER OPPORTUNITY OF YOUR CHOICE AND AVAILABLE DATES TO PARTICIPATE THIS SUMMER:**



“WHETHER YOU ARE GOING TO  
GET MARRIED OR NOT, LIVE  
YOUR LIFE AS IF YOU WERE NOT  
GOING TO GET MARRIED.

HOW CAN YOU BE MORE  
FRUITFUL, MORE PRODUCTIVE,  
AND MORE FULFILLED IN THIS  
STATE YOU’RE IN?”

—MICHELLE MCKINNEY HAMMOND



# FIVE | GIVE YOURSELF FLOWERS

If you're a romantic person like myself, you may like to receive flowers or have flowers in your home. This can brighten up your home or add a pop of color and femininity to your space.

Outside of buying flowers for yourself, you can attend a class to learn how to make your own arrangements. Ask the florists how to maintain the health of your flowers so that they last more than two days.

I was downtown one day and stumbled upon the **City Market at Daley Plaza**. The market had several vendors selling gorgeous flowers just waiting to go home with me, including sunflowers and hydrangeas! Farmers markets are one spot to get flowers, but don't forget about your local flower shops and even Mariano's Supermarket has some deals on flowers every week.

WHAT IS YOUR  
FAVORITE FLOWER?  
ARE YOU A  
BOUQUET PERSON  
OR DO YOU PREFER  
A SINGLE FLOWER?





# SIX | MAKE IT A MOCKTAIL NIGHT

Who said that you need alcohol to make a memorable drink? Mocktails are non-alcoholic beverages that you can make for special events or even a Girls' Night In.

What you can consider for your mocktail is the base, the feature and the garnish. The base can be your favorite juice, add a splash of something bubbly or sparkly, and add some fruit or garnish to complete the look.

Here's a special mocktail recipe for you: The "Sweet Girl" (with strawberries)

- Simply Strawberry Lemonade
- Ginger Ale or your favorite flavored sparkling water
- Fresh strawberries, washed

Serving for 1:

1. Pour 6 ounces of the lemonade in your favorite wine glass
2. Add 2 ounces of ginger ale
3. Dice one (1) medium sized strawberry and add the pieces to your drink. Add a sliced berry to the rim and enjoy!

BESIDES WATER, WHAT'S ONE DRINK THAT YOU WOULD DRINK FOR THE REST OF YOUR LIFE?





## SEVEN | OPENING NIGHT DATE

Opening night for a business is a good reason to go out. On one end you're supporting a new business, perhaps of a friend or family member, and on another end you're able to network and meet new people.

It's also a good idea to support someone else, especially when it comes to a new business because of all the hard work, resources and time they took to build it. Rejoicing with someone else sets you up to be honored whenever your season for celebration arrives.

I went to the product launch of my friend and nail stylist Ariel Bland of **Adore Beauty and Nails**. She not only hosted an empowering event that gave back to other women in business like myself, but she launched her brand new line of beautiful nail polishes and cuticle oils!

LOOK UP THREE GRAND OPENING EVENTS THAT YOU WANT TO ATTEND ON EVENTBRITE AND WRITE THEM DOWN BELOW:





“WHEN I STARTED TO GET MYSELF CENTERED, I STARTED TO UNDERSTAND THE POWER OF LOVING MYSELF.

I HAD TO COMMIT TO THAT IDEA. LET ME LOVE MYSELF; LET ME GET MYSELF IN THE RIGHT PLACE SO THAT I CAN LOVE MYSELF. IF I LOVE MYSELF, I BELIEVE I CAN GET THE LOVE THAT I DESERVE.”

-CIARA



## EIGHT | PAINTING CLASS DATE

Whether you have an artsy side to you or not, try a painting class if you haven't done so already. There are plenty of opportunities for painting events on Groupon or Eventbrite for you to take a class solo.

Pick a place that you want to take the class at, take a look at their event calendar and select either which type of painting that you want to recreate or whichever class works for your time.

A few years ago I co-hosted a single ladies painting event at the **Bottles and Bottega** in the South Loop. We had several ladies join us for a quick word on singleness, dating and loving yourself before we went into the painting portion of the event.

If you're in the suburbs I'd also recommend taking a class with **Colorful Canvas Art Parties** in Olympia Fields, Illinois. I had a great time with them and their service was friendly!

IF YOU HAD ALL THE ARTISTIC TALENT IN THE WORLD,  
WHAT WOULD YOU PAINT AND WHY?





## NINE | CO-ED WORKOUT DATE

Who said dating yourself won't break a sweat? A co-ed workout class may be just what you need to shake up your usual workout routine or jump-start your exercise game.

I went to a co-ed bootcamp class led by my brother in Christ Larry Howard of **LH Fitness Solutions**. The bootcamp was held at the Under Armour store in downtown Chicago. I am not the most consistent fitness person, so whenever I go to these bootcamps, my butt gets kicked! The pros are the variety of music plus the supportive and fun attendees!

What I like about LH Fitness Solutions is that they also host fundraising events to raise money and awareness for several causes including the Alzheimer's Association.

It was a lively 45 minutes of cardio, challenges and a necessary cool down; I would definitely go back again!

**WHAT WORKOUT CLASS HAVE YOU ALWAYS WANTED TO TRY BUT HAVEN'T MADE TIME FOR?**



Photo Credit: Andre' Jamar



# TEN | HOST A GIRLS' NIGHT IN

When you're dating someone, there are times when you may want to go on group dates or even double dates, so when dating yourself, why not be intentional with spending time with your girls?

You can have a few friends over for some intentional quality time for a night in. This includes treating it like a date with respect towards each other's time (i.e. get off of your phones) and connecting with one another in person. Here are some ideas of activities:

- Collaborate on a dish or mocktail
- Share life updates on your year so far
- Share one thing you are seeking prayer for
- Watch a movie (new/old) that you'll enjoy together
- Play your favorite summer songs and have a karaoke moment

What will you do on your Girls' Night In? Have some good food, maybe play a game or two, and engage in quality conversation to have a memorable night in.

**LET'S PLAN A GIRLS' NIGHT IN? WHO'S INVITED? GET YOUR LIST TOGETHER AND SEND THOSE GROUP TEXT INVITES!**



**“LOVING YOURSELF IS ABOUT  
RESPECTING WHAT YOU PUT IN  
YOUR MIND, IN YOUR BODY AND  
IN YOUR SPIRIT. IF YOU WANT  
TO LIVE YOUR BEST LIFE, START  
LOVING YOURSELF.”**

**-PAUL C. BRUNSON**



# ELEVEN | DINNER DATE

Calling all my fellow foodies! This kind of date is for us. Have you ever eaten at a restaurant by yourself? More than likely you have, but how did you feel about it?

I was so determined to go to dinner at Brazzaz Brazilian Steakhouse that I decided to dine on my own at the former River North hotspot. I went to my table for one and thought about where I would position myself at the table so I wouldn't draw attention to myself.

To this day I'm still working on the eating alone because I get weird about people staring at me while I eat. Does eating dinner in public make you nervous or empowered?

I wasn't by myself for long, because that restaurant featured servers that would bring you several kinds of meat to go with your sides. I was greeted with sirloin, bacon wrapped filet mignon, pork ribs, Brazilian sausage, lamb, shrimp and delicious roasted pineapple. I was taking my time to enjoy the flavors of the food and take in a finer dining atmosphere than what I was used to.

A place like Brazzaz is not necessarily cheap, but here's what you can do to save money on your fine dining me date:

- Visit the website of the restaurant(s) that you want to go to.
- Sign up for their promotional emails, especially if there is an incentive to submit your email.
- Review the site for any upcoming promotions, daily specials or happy hours if available.

**LIST 3 RESTAURANTS THAT YOU HAVEN'T BEEN TO YET BUT HAVE ALWAYS WANTED TO VISIT:**



## TWELVE | CONCERT DATE

Concerts are a great me date idea if you're a music fan. I have been on dates with guys who either weren't feeling the artist like I was or they were not interested in being there. Boooo!

Instead of having a mediocre time with someone who doesn't care about the experience, you can make it your own night by treating yourself to a concert date.

A few years ago I decided to go to a **John Legend concert**. It was around the time he came out with his hit song "All of Me," so I wanted to hear it and more live. I intentionally made it a me date so I dressed up, put on a little makeup and made it early enough to the venue to take in the atmosphere.

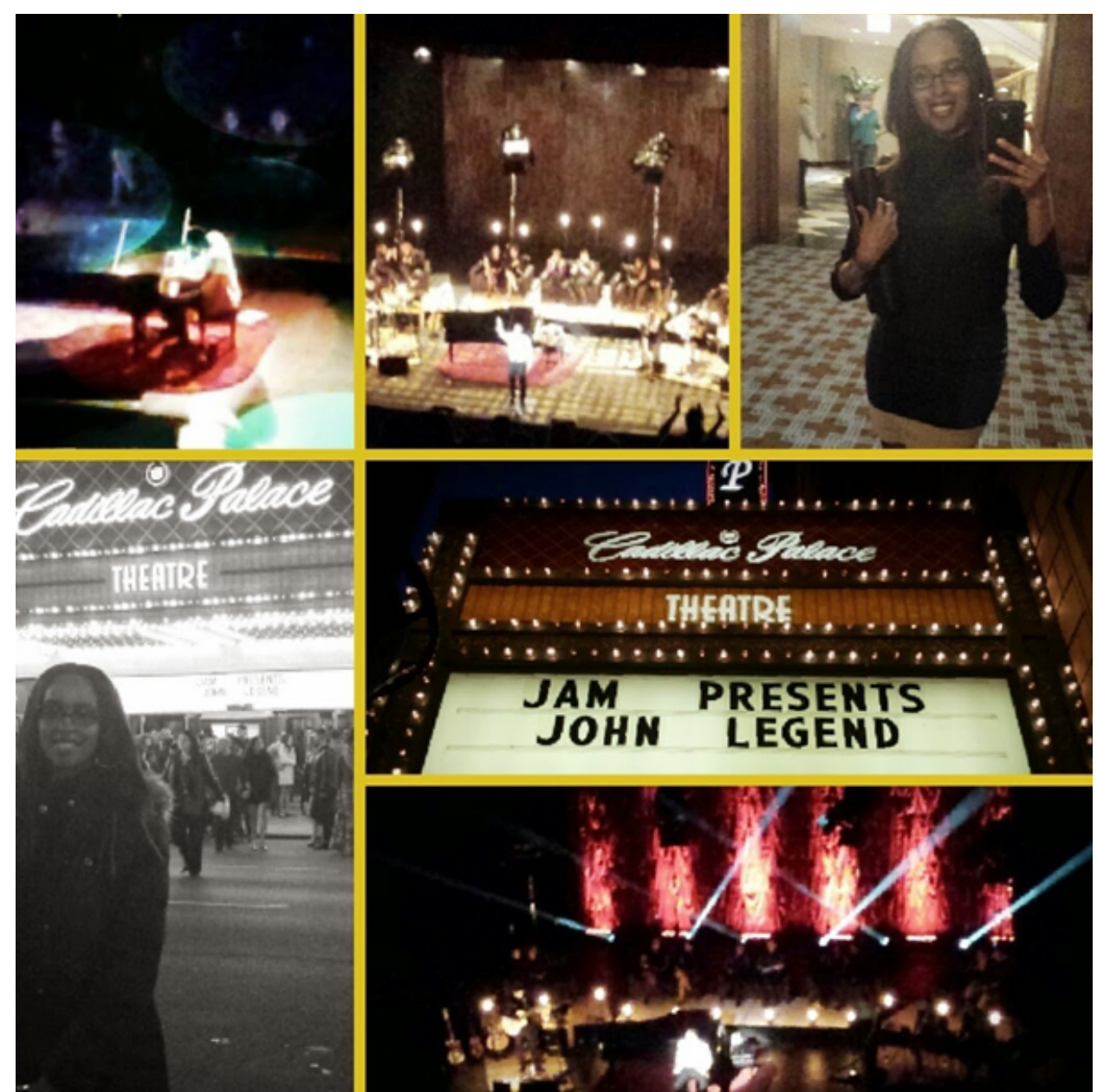
When I got to the venue a couple asked me to take their photo in front of the marquee and I asked for the same. The lady asked if I was by myself and I was able to say "yes" with some enthusiasm.

I soon realized that I wasn't the only person solo at the concert. Although my row had several couples next to me, there were some single concert goers in my section! I felt right at home. To make the date sweeter, I got some treats and a glass of champagne to go with the romantic feel of the night.

Overall the concert was beautiful and we even witnessed a proposal! I enjoyed my own company and some good music, so why can't you, ladies?

Millennium Park is hosting their annual **Summer Music Series** featuring free music concerts from various genres! See you on the Great Lawn!

**NAME ONE ARTIST THAT YOU'D LIKE TO SEE IN CONCERT IN YOUR LIFETIME:**





## THIRTEEN | SPA DATE

A trip to the spa may be just what you need to pamper yourself. As we age we have to learn better ways of taking care of ourselves inside and out.

Often times we don't know how or don't have the time, but remember that you are responsible for your well being. A less stressed life can do wonders for our health long term, so schedule some spa time soon!

It can be a mani-pedi, a massage, a facial or some other treatment. Going to the spa can be relaxing for your body and mind since usually you have to spend some time away from your work and other distractions.

Going to the spa can get costly depending on where you go, but there are **several ways save money**. Even if you choose to do an at-home spa date with a DIY mask and soaking in the tub, the point is that you took out that time to pamper yourself.

**WHAT'S ONE SPA TREATMENT THAT YOU NEED RIGHT NOW?**

**“THAT SELF LOVE HIT DIFFERENT WHEN YOU’RE WILLING TO GET UP CLOSE AND PERSONAL WITH YOU, FLAWS AND ALL, COMPLETELY NAKED.”**

**—YANNI BROWN**



# FOURTEEN | WINE / FOOD TASTING DATE

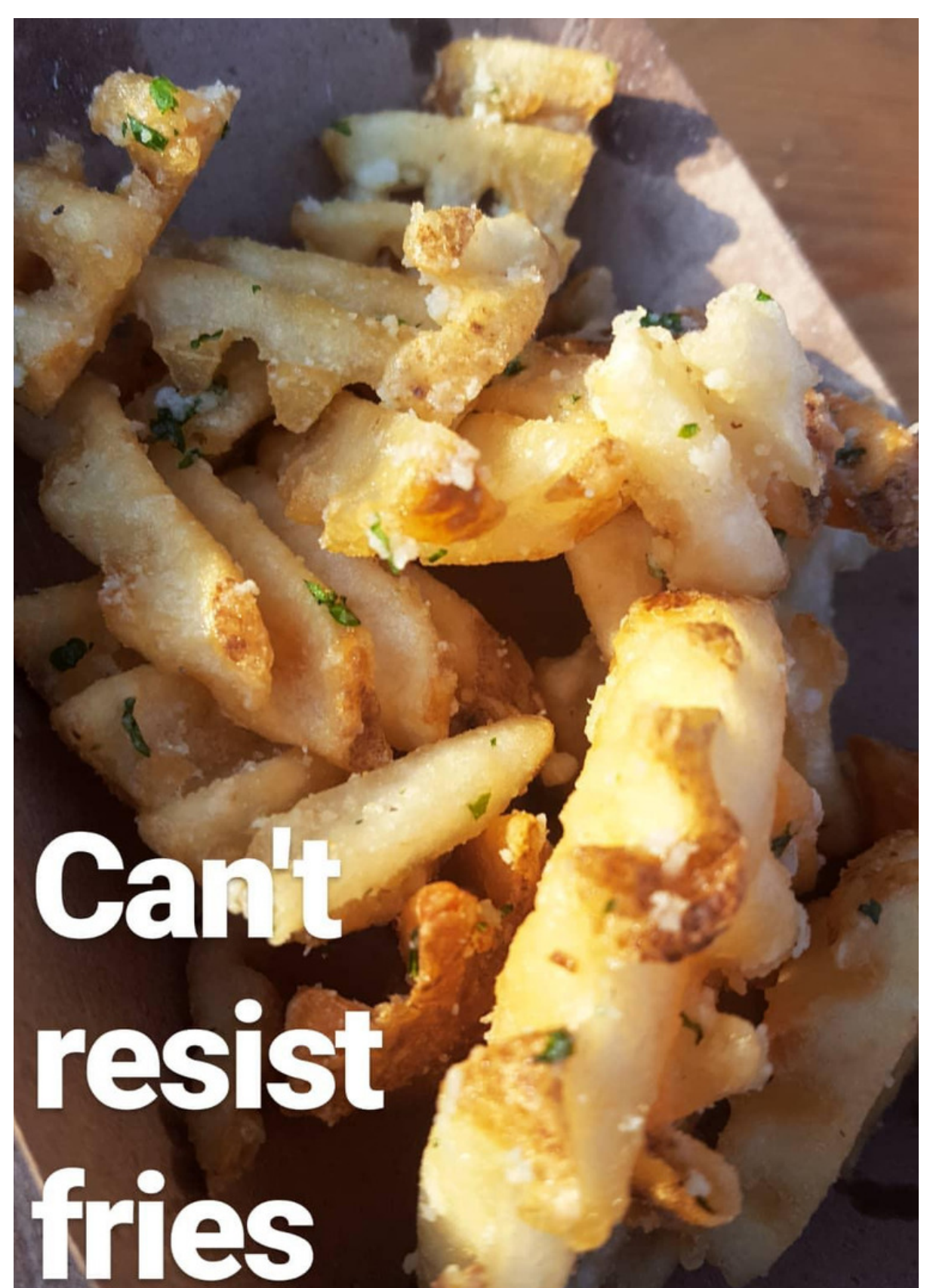
If you are a wine connoisseur or looking to sophisticate your palate, you can attend a wine tasting event. Local wine and beverage shops host free wine tastings where you can learn which wines pair with certain foods, discover what your particular tastes are for, and meet new people. The shop **57th Street Wines** in Hyde Park hosts free wine tastings every Thursday from 5-7p.m.

You can start off with the staffers there who recommend good wines and move on to other event goers who may have similar selections as you. Cheers to adding a little more to your cultural repertoire.

If alcohol isn't your thing, you can attend food tasting events. There are even festivals dedicated to specific foods like cheese, bacon and lobster—no lie! Just like the wine suggestion, you can sample as many exotic flavors of food as you'd like without having to shell out big money for a dish you may not like.

Thankfully Chicago hosts plenty of **food-centered festivals** nearly every weekend this season. I got these yummy waffle fries (below) from the Taste of Randolph.

**WHAT'S ON YOUR FOODIE  
BUCKET LIST THIS  
SUMMER?**





# FIFTEEN | POETRY / OPEN MIC DATE

One me date that you can't miss attending or participating in is a poetry night or open mic night. Just listening to poetry live can ignite the artistic senses within you to do something creative on your own end. I've been to quite a few poetry events and I love how people can turn everyday situations into works of art.

One of my personal favorites is the group **Solace Souls** who hosts showcases every third Sunday of the month. Listen to live poetry from featured and local artists who share their thoughts and feelings to music and spoken word.

When you go to a poetry or open-mic event on your me date, be open to the possibility that you may yourself be inspired to go up there one day and share your own poetry, especially if you haven't done it in a while or at all.

**HAVE YOU EVER WRITTEN A POEM OR SONG? WHAT IS IT ABOUT OR WHAT WOULD IT BE ABOUT?**





## SIXTEEN | NETWORKING DATE

Okay, I hear you—a networking event doesn't sound like an ideal date to go on, let alone a place you would go to by yourself. Let's say that you are an up-and-coming entrepreneur and you want to get to know people who may be able to help you with your business or gain some new clientele. That's really a good place to meet like-minded people who may be going after the same goals or business aspirations as you.

If you're an introvert or just not that great at talking to strangers, networking events will help you practice your conversation skills and prepare you for work events and dating. One thing I learned from networking is that you want to establish a mutually beneficial relationship in which you're able to help someone else and they're able to help you in return.

And don't think you have to go to just those boring or stuffy networking events. You can find a networking event that caters to the area of business or socializing that you feel comfortable being a part of. One of my favorite networking events is hosted by the fab team at **Made Mavens** in Chicago!

WHAT DO YOU HAVE TO OFFER OTHERS IN BUSINESS?  
WRITE DOWN AT LEAST TWO BENEFITS THAT YOU CAN  
OFFER PEOPLE IN YOUR NETWORK:





**“YOU ARE NO ORDINARY GIRL,  
AND YOU DON’T NEED A MAN TO  
TELL YOU THAT...”**

**–LEAH SMITH, “ORDINARY GIRL”**



# SEVENTEEN | CHURCH DATE

This summer feel free to fellowship with another church or even your church's ministry for an event. It could be a concert, conference or a weekend of some sort to help benefit you and your relationship with God.

One of my favorite experiences was going out of town for the weekend to attend a women's conference in Dallas, Texas. I think I was one of the only people there from Chicago, but I had no idea that I was going to have such a great time! I got a chance to meet new people as well as sisters that I already met through social media.

You don't have to necessarily get on a plane or leave the state to go to another church event, but if it's something that you want to do then the options are endless!

NAME A CHURCH EVENT OR CONFERENCE THAT YOU'VE ALWAYS WANTED TO ATTEND. WHERE IS IT?





# EIGHTEEN | BOOKSTORE / LIBRARY DATE

As a reader and writer I think it's so hopelessly romantic to go on a date in a bookstore. First of all, you gotta really like books and secondly, you have to be open to the options of learning and engaging in conversations that have some substance with another person.

But how do you go on a me date at a bookstore or library? Well make sure that you find a really good bookstore or library, one that is aesthetically pleasing to the eye (bonus if that said establishment has a coffee shop).

Next, you want to find some place cozy where you can sit for a while, then you want to make sure that you have the right reading materials. It could be whatever you want at the moment or something you've been meaning to read, but you haven't had the time to. Make some time to treat yourself to explore another world through a fictional book or hear someone else's journey through a non-fiction book.

Most of the time these places will be quiet enough for you to focus on what you're reading and give you a chance to really take in what you're reading without too many outside noises and distractions.

WHAT BOOK(S) ARE YOU CURRENTLY READING?  
WHAT DO YOU WANT TO READ BEFORE THE SUMMER  
IS OVER?



# NINETEEN | DATE WITH GOD

A date with God essentially is setting time to spend time with Him in whatever way it is that you particularly connect with the Lord.

Having quiet time and reading your Bible in a beautiful place, listening to worship music or taking in a devotional at a restaurant while you're at lunch are just a few examples for you to go on a date with God. Invite His presence in through prayer on your date and take some time to be patient for God to show up in the way that He shows up for you.

I had a date with God out in nature before. I intentionally listened to a selection of the audio Bible and I was observing all the different flowers and trees that were around me. I was actively listening to a selection from the Gospels, so I was hearing the words of Jesus through the scriptures being read.

Being in that beautiful surrounding that God created and listening to His word really did something for me. One spot I'd recommend is the **Garden of the Phoenix Japanese Garden** on the South Side behind the Museum of Science and Industry. It allowed me to not think about my troubles or what I had to do once I left that space.

I pray that you experience something like that and even more when you intentionally make time with the Lord and have a me date with Him.

WHAT IS YOUR  
FAVORITE THING  
TO GET CLOSER TO  
GOD? HOW WILL  
INCORPORATE  
THAT IN A ME  
DATE WITH HIM?





**“IT’S VITAL THAT WE LEARN TO  
TAKE CARE OF OURSELVES AND  
GET AWAY FROM THE NOISE OF  
EVERYDAY LIFE.”**

**-BLISSFORSINGLES.COM, 2017**



## TWENTY | NATURE WALK DATE

It's summertime, so why not go out for a walk in nature? You can visit a local park, the Chicago Lakefront Trail or a new space that you haven't been to and see what nature has to show you.

I understand that as women we have to be mindful of our surroundings, so please be careful when going out to places by yourself, especially in public places like nature preserves. Please let someone know where you're going and be mindful of your safety.

When you know that you're in a secure place, you can discover what your environment has to show you. From the trees to the fresh smell of the flowers and even feeling the sunshine—find whatever it is that you enjoy about nature.

You can also visit a conservatory which is an indoor-friendly option if you go and want to enjoy nature without the bugs. The **Garfield Conservatory** on the city's West Side is one of my favorite indoor nature spots. It's free and easily accessible via the CTA Green Line so you can visit anytime!

WHAT'S YOUR FAVORITE PART ABOUT NATURE?





# TWENTY ONE | BIKING / SKATING DATE

This kind of date requires some physical activity, so get out your bike or skates and get rolling! I personally like to go biking and if I have to go by myself it's fine. I just find my bike trail, put on my tunes, watch my surroundings and keep it rolling.

Biking is good cardio for the body and it gives you some adventure compared to going to a stationary workout class. You can also go roller skating or rollerblading at the local rink or take your skates outside and onto some smooth pavement and see how well you got it from back in your day skating as a kid.

I tried both activities on separate me dates: one with rollerblading to my personalized "skate jams" playlist at Maggie Daley Park and another with participating in a free day of biking sponsored by Divvy Bikes. **Divvy bikes** are all over Chicago and allow you to rent a bike by the hour for fun or your commute.

I got a chance to meet new people, invite a friend along the trip and venture out along Lake Michigan in a way I never have before. We only have so many good weather days here, so why not see the sights on your bike?

**DO YOU BIKE, SKATE OR BOTH? WHEN WAS THE LAST TIME YOU WERE ON WHEELS?**





# TWENTY TWO | ART APPRECIATION DATE

What most cities have nowadays are tons of local mural artwork to be explored. You could take a stroll around your neighborhood for the local art scene and someone else's works that they contributed to the community (not graffiti though, lol).

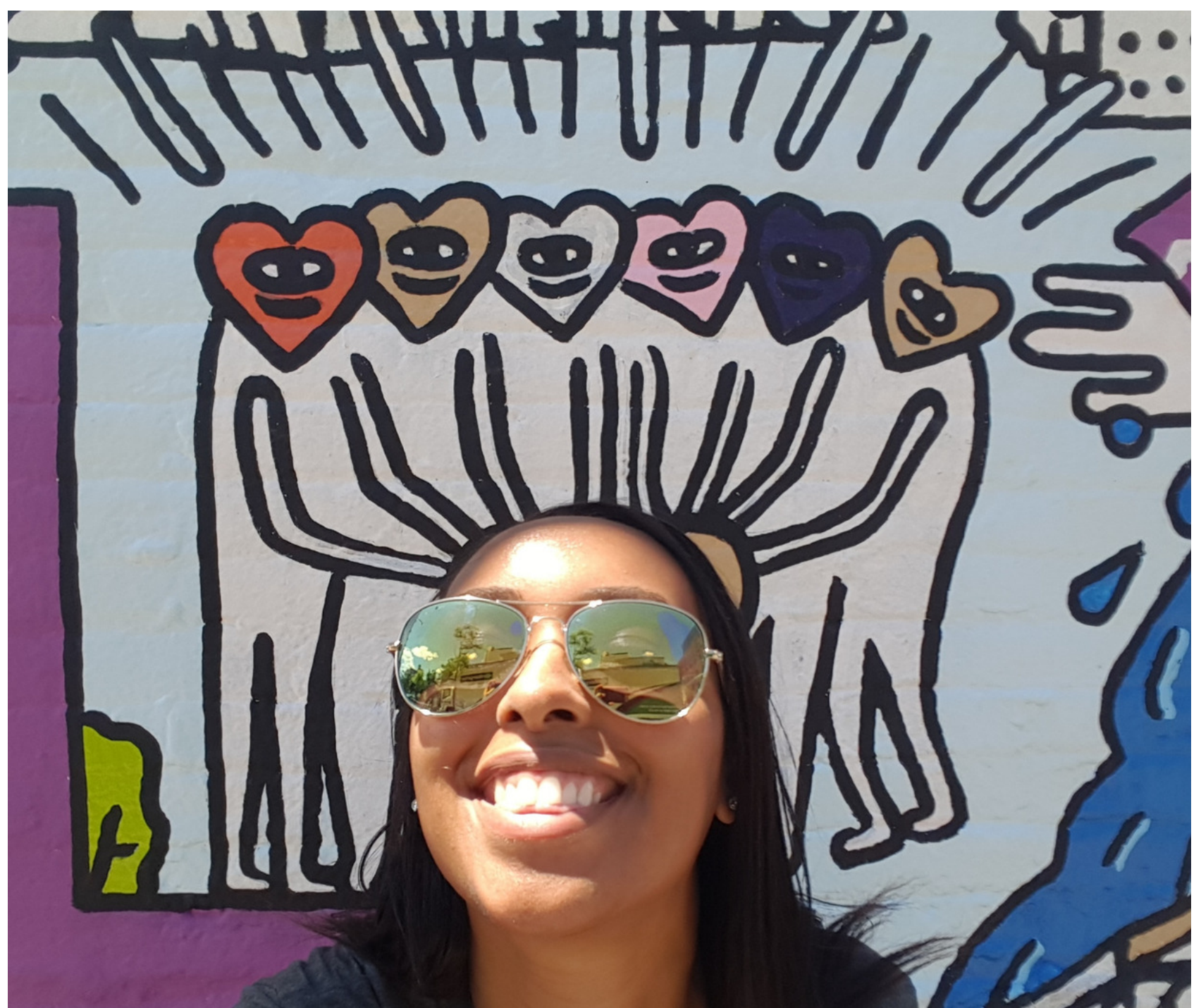
Depending on where you live you may be able to join a group guided walking tour by a host who has more information about the artists behind the murals or sculptures.

If you want to go the self guided route, you can learn more about the art that you like by looking in the corner of the work for an artist name or social media handle. Be sure to show them some love!

When I went to visit Brooklyn, NYC, I went on a search on my own for some beautiful murals to take photos of. I found some dope works of art in Williamsburg and had to snap a selfie!

Want to keep your art tour local? Check out the wall art all over the Pilsen, Wicker Park and Auburn Gresham neighborhoods.

NAME THREE PLACES IN YOUR CITY OR NEIGHBORHOOD THAT YOU WANT TO VISIT FOR THEIR ART SCENE OR MURALS:





**“GIVE YOURSELF THE  
PERMISSION TO TAKE THE TIME  
FOR YOURSELF, NO MATTER  
WHAT THAT LOOKS LIKE.”**

**-LUVVIE AJAYI**



# TWENTY THREE | JUST ADD WATER

This summer I dare you to go on a me date that involves some water. Are you a water person like me? If so you would spend a hot day with a nice swim, going to a water park, paddle boarding or any kind of activity that involves water!

If you don't feel like getting your hair wet, you can always have a me date *by* the water. From the calming sounds of the water rushing back and forth to the view of the various of blue shades of the water, there's something about it that relaxes the spirit and allows you to be grateful for what you have.

Usually when I go out looking at the water I've felt that sense of peace and God's presence in Him reassuring me that everything is going to be okay. This me date is very simple but it can be very fun as it can challenge you to get out of your comfort zone and get into the water. Just like He called Peter (**Matthew 14**), we've been called by Jesus to step out of the boats of our comfort zones and walk by faith on the water towards Him and towards His purpose for us in this season.

WHAT'S YOUR FAVORITE WATER-BASED ACTIVITY?  
WILL YOU MAKE TIME FOR IT THIS SUMMER?





## TWENTY FOUR | COFFEE DATE

Going to the same place often can get predictable and “safe” in a stagnant kind of way. For this me date, try a new coffee spot to get your local brew whether you are a coffee person or not (tea, smoothies, etc.).

The key to making this a quality me date is by putting yourself in a different environment to see what makes you comfortable or what makes you uncomfortable. How do you like your order? Do you have a go-to drink out of habit?

A new coffee spot, even if it is a chain store or one that you frequent, can show you what happens when you have to adjust to change. One place on my must-visit list is the photogenic Asado Coffee (photo below).

These are all important characteristics for life: knowing what you want, what you won't tolerate, how to stand up for yourself, how to treat others (i.e. how you interact with your barista). All of those go into play on a coffee date and can be used for going out into the world on your own or going on a date with others.

WHAT ARE YOUR FAVORITE ITEMS TO ORDER AT A COFFEE SHOP?





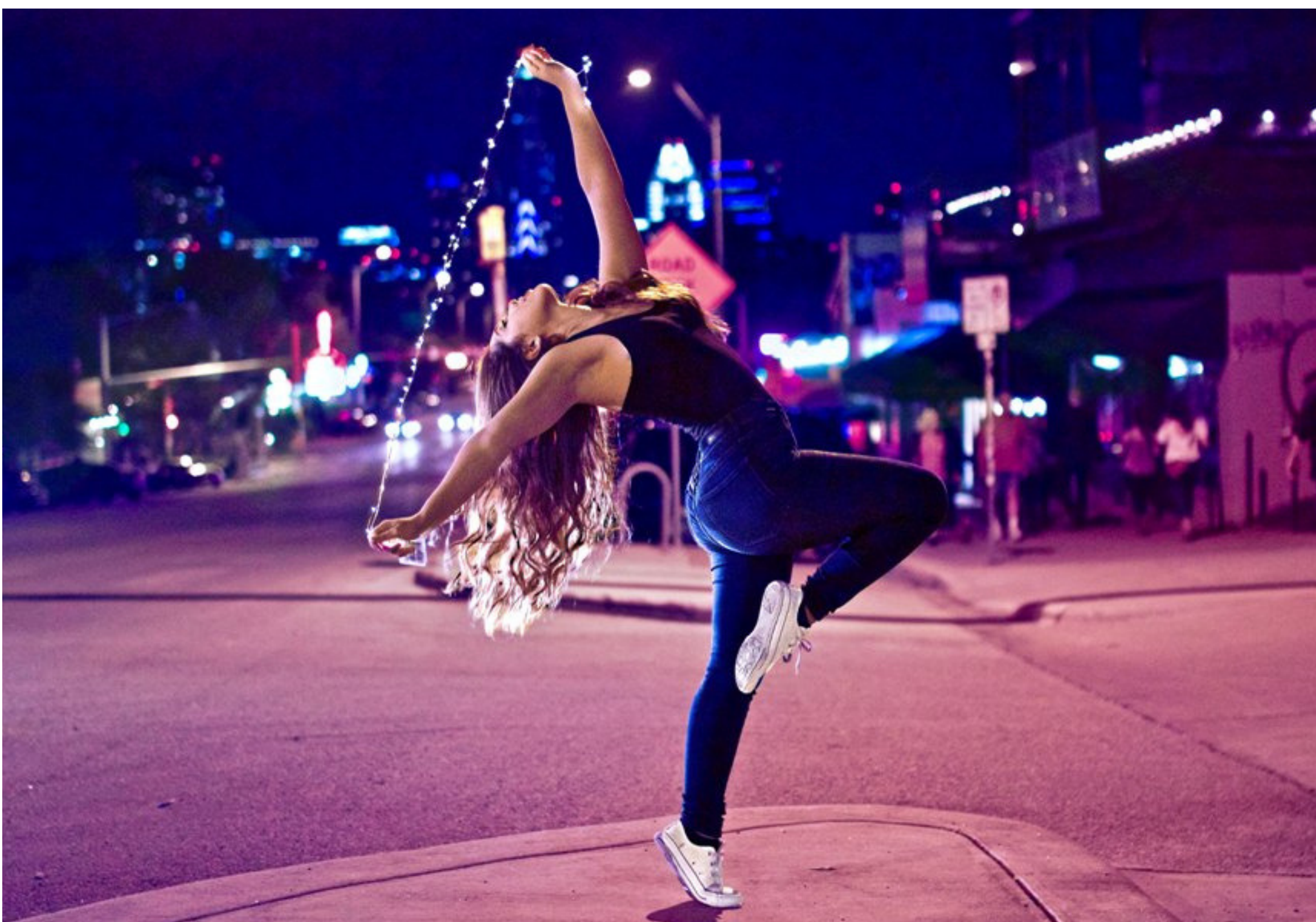
## TWENTY FIVE | DANCING DATE

Taking dance lessons is a fun idea for a date—even with yourself! I tried ballroom dancing by myself (Foxtrot style) a while back and it was cool learning ballroom dance like what I see on TV. You can take any kind of dance lesson to try something that is outside of your norm.

We can get so self conscious that we don't want to try living boldly. Taking a dance class will definitely help you get out of timidity because you're practicing moves with other people. Here's hoping you get a fun dance instructor as well!

Save some money by attending free dancing events or lessons in your neighborhood if available such as my favorite: **Chicago SummerDance**! They offer free lessons each week in the summer right before that respective dance style's outdoor party. Want to learn how to Chicago Step or Salsa? See what dance lessons are available this weekend in their **2019 schedule**.

**WHAT'S A DANCE STYLE THAT YOU'VE ALWAYS WANTED TO TRY? LOOK UP LESSONS FOR IT IN YOUR AREA:**





# CONCLUSION

The more that I chose to date myself, the more I came to appreciate the things that I like to do, on my own or with others. Even now I continue to challenge myself to do more things that allow me to grow. This comes with being intentional about the use of your time. You don't have to stagnate your life because certain milestones haven't happened. That's one of the many takeaways from dating yourself.

My prayer is that you will grow in confidence in God and let go of the fears of doing things on your own or as an unmarried woman. I pray that you will find purpose and true bliss in this time of your life. I pray that you won't be swayed by the pressures of your personal timeline and other people's opinions. I pray that you will be content no matter what (**Philippians 4:11**) and make the most of your summer.

Thank you for supporting BLISSforSingles.com and enjoy your me dates! Join us online for more inspirational content for Christian singles and on social media (Facebook, Twitter and Instagram) at @BLISSforSingles.

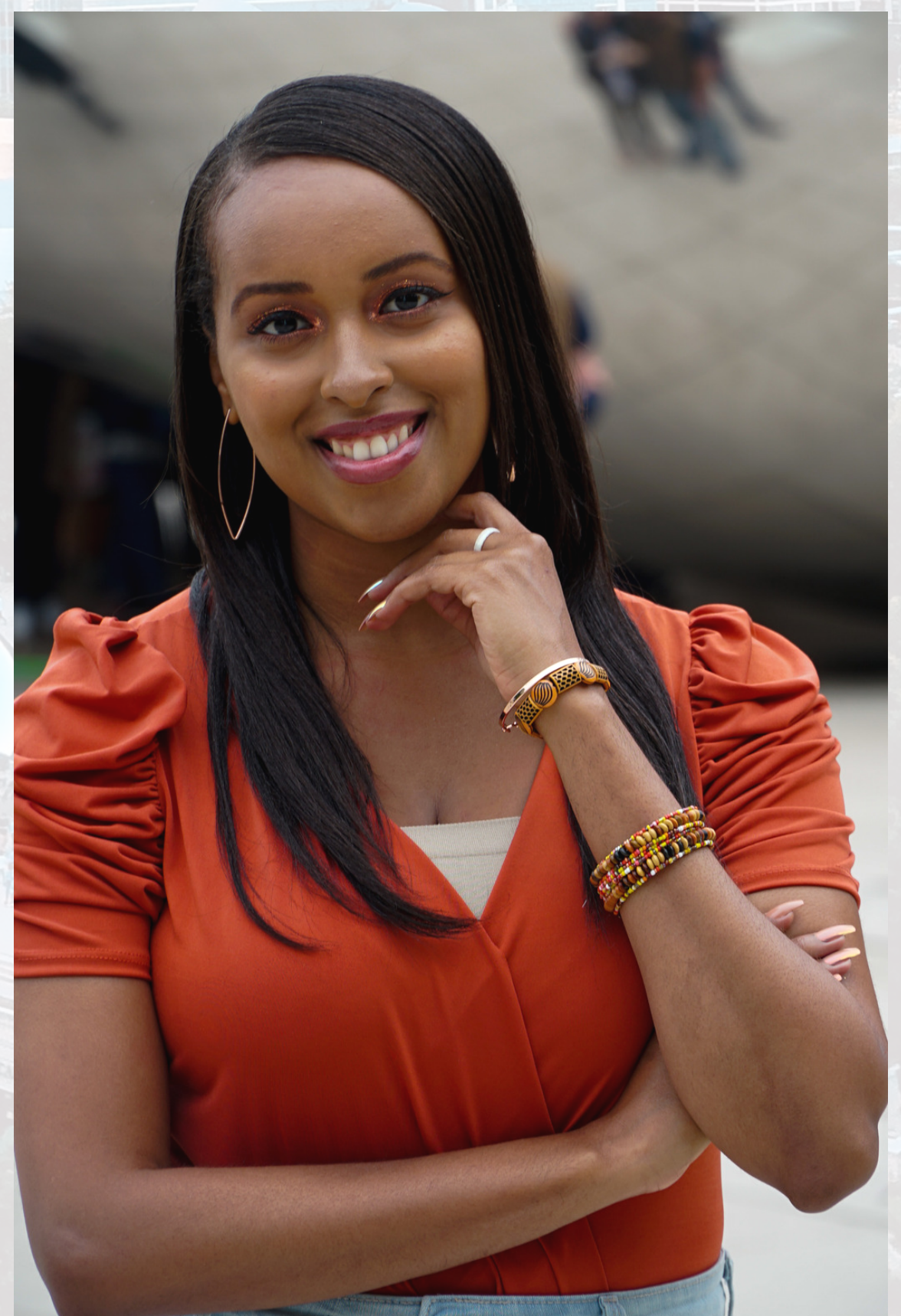
B.L.I.S.S. is created to discuss Black Love today and inspire Christian singles to be the best in their romantic relationships through embracing their most important relationship—with Jesus Christ.



Tatianah Green  
Author, Editor in Chief

Tatianah Green is a multimedia content creator and editor with a passion for writing. In 2012 she launched her first blog **BLISSforSingles.com** to encourage singles in faith and love and has written for several other websites including BlackandMarriedWithKids.com.

In 2016 she published her first book ***Journey to 30: A Single Woman's Guide to Living Unapologetically Without Deadlines***. As she embraces her thirties, Tatianah works, plays and lives unapologetically for Christ in Chicago, Illinois. Connect with her on Instagram at @honestlytatianah





# NOTES

“STOP WAITING ON PEOPLE AND ENJOY THINGS  
YOU LIKE, ALONE WITH YOURSELF.”

–BLISSFORSINGLES.COM, 2017



A full-page background image of the Chicago skyline, featuring prominent skyscrapers like the Willis Tower. The image is overlaid with a semi-transparent pink filter. In the foreground, there are green trees and the Cloud Gate sculpture (The Bean) in Millennium Park.

[blissforsingles.com](https://blissforsingles.com)

*Black Love & Inspiration for Saved Singles*