

• 2025 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. Thank you for your shares, comments, social media support, podcast downloads, and feedback over the years. I appreciate you and want you to experience joy in this time of your life! 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 difficulty finding the right people to connect with and get to know? I know how that feels, and I have been in that stage of my single years for a while. In 2014, 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, focusing on one or more reasons.

You're obviously gorgeous, working hard, and trusting God in this season of your life. You and I have made it out of some of the most uncertain and stressful times of our lives (like 2020), but now it's time to move forward and step out again. 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 taking yourself somewhere you've wanted to go or would like to go on a date. Perhaps some experiences never happened because you were waiting for other people's schedules to line up or because you wanted 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 can try something new now. Listen, life is short, and I don't want to regret waiting 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 then starts complaining. *Just single?! Being unmarried is not a "just,"* okay? 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.

Throughout this ebook are inspirational quotes, date ideas, and questions to ignite your imagination. As we slowly welcome the warmer months ahead, let's open up to new possibilities for our personal development while having fun at the same time.

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

MAKE A COMMITMENT TO MAKING YOURSELF A PRIORITY.

It is not the only priority, but it is also important to ensure 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 intentionally 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 out to stare at your phone the whole time, you could have stayed home. Not this season, ladies! Bring your phone, but don't 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 can 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 learning more about ourselves.

ONE | MOVIE DATE

One of our culture's most popular date ideas for couples is going to the theater to see a film. It's also popular for singles, as women can be shy about going solo.

I felt shy about that, too, until I realized I like the movies I want, and if I don't have people who like them or have time to see them, I can go on my own.

Once, I wanted to see the film *La La Land*, so I ventured downtown to catch a matinee. I felt a little awkward at first when I went to this film showing, but then I saw a few more ladies come into the theater on their own, too.

If you're not interested in going to a theater, you can always make it a movie night at home. But 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.

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. Deal sites like Groupon and Travelzoo offer low-rate tours—book one to see your city from a new angle while learning some history and culture.

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

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!



One Valentine's Day, I took myself to my favorite museum in Chicago: The Museum of Science and Industry. Not only was it free that day for state 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 from the deal, so I was a happy girl!

If you want to save money on visiting any museum, visit their website for seasonal hours of operation and search for any "free days" that may apply to you.

WHICH MUSEUMS DO YOU
WANT TO VISIT THIS SUMMER?



FOUR | VOLUNTEER DATE

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

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

I volunteer with my church every summer to give back to several community services. One year, I went to a local community garden to help staff remove weeds around fruit trees.

What cause are you interested in helping out? The options are endless!

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



“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 me, you may like to receive or have flowers in your home. This can brighten your home or add a pop of color and femininity to your space.

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

I was walking downtown one day and stumbled upon a pop-up farmers market. The market had several vendors selling gorgeous flowers just waiting to go home with me, including sunflowers and hydrangeas!

Farmer's markets are one spot to get flowers but don't forget about your local flower shops. Grocery stores like Trader Joe's even have 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.

You can consider the base, the feature, and the garnish for your mocktail. 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 into 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 the other end, you can network and meet new people.

It's also a good idea to support someone else, especially in 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 an event with my friend, and she hosted an empowering event that gave back to other women in business like myself and launched her brand new line of beautiful nail polishes and cuticle oils! It was a great feeling to support someone pursuing their business goals.

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 online or in person now for you to take a solo class.

Once, I co-hosted a single ladies' painting event. Several ladies joined us for a quick word on singleness, dating, and loving yourself before we went into the painting portion of the event.

If this solo date is your thing, pick a place where you want to take the class, look at their event calendar, and select either which type of painting you want to recreate or whichever class works best for your time.

**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 what you need to shake up your usual workout routine or jump-start your exercise game.

I attended a co-ed boot camp class led by my brother in Christ, a fitness trainer. I am not the most consistent fitness person, so whenever I go to these boot camps, my butt gets kicked! The pros are the variety of music plus the supportive and fun attendees!

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?



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 you're dating yourself, why not be intentional about 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 concerning each other's time (i.e. get off of your phones) and connecting in person again. Here are some ideas for 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
 - Mini makeup sessions, trying new techniques or looks for fun
 - Play your favorite summer songs and have a karaoke moment
-
- What will you do on your Girls' Night In? Have some good food, play a game or two, and engage in quality conversation for a memorable night.

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 a Brazilian steakhouse that I decided to dine at the upscale hotspot. I went to my table for one and thought about where to position myself so I wouldn't draw attention to myself.

Does eating dinner in public make you nervous or empowered?

I wasn't by myself for long because that restaurant featured servers who 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 took 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 that 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.
- If available, review the site for upcoming promotions, daily specials, or happy hours.

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 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 night by treating yourself to a concert date.

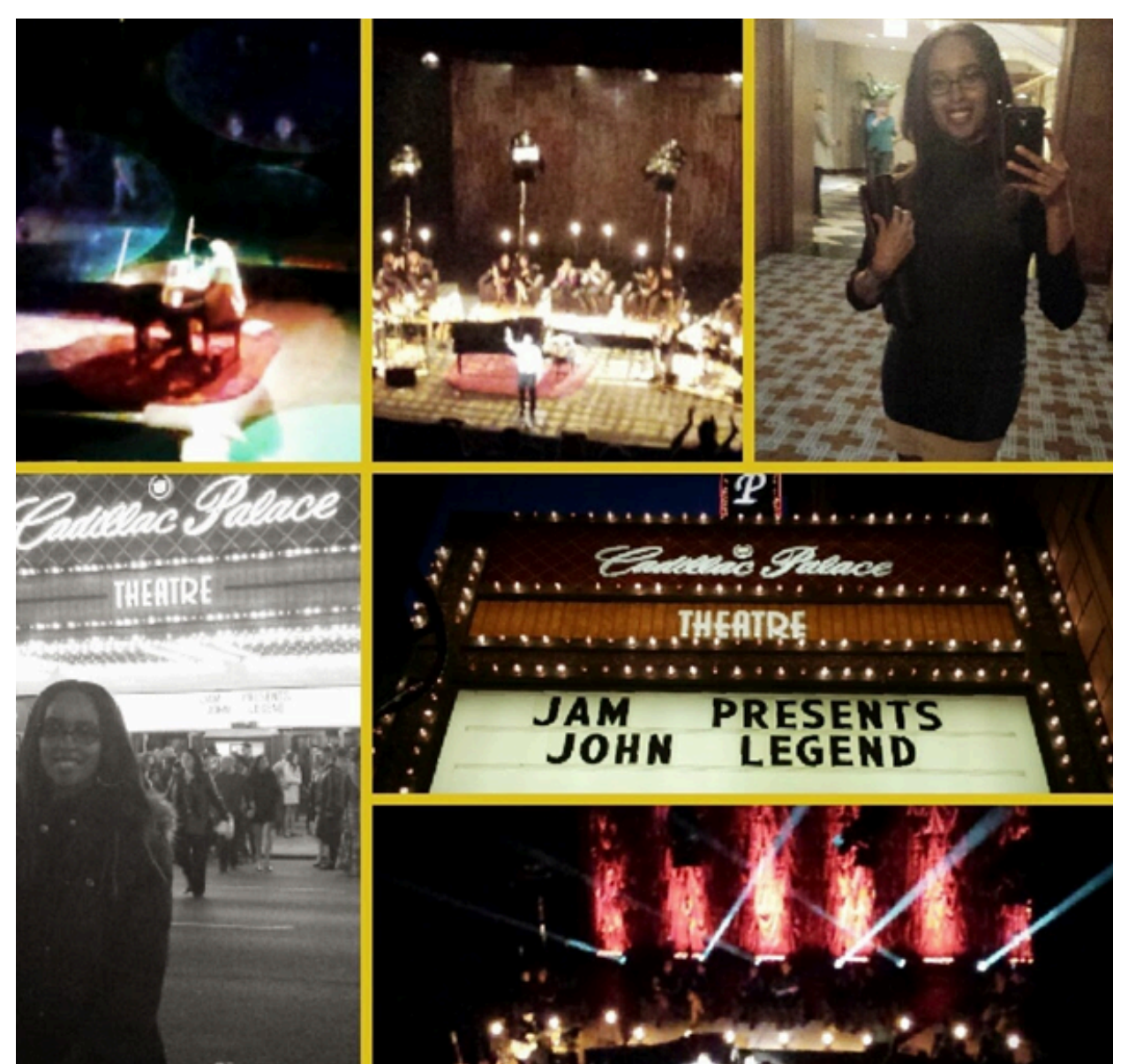
Some years ago, I decided to go to a John Legend concert. It was around when he released his hit song "All of Me," so I wanted to hear it and more tunes live. I intentionally made it me date, so I dressed up, put on a little makeup, and made it early enough to the venue to take in the atmosphere.

When I got to the venue, a couple asked me to take their photo in front of the marquee, and I agreed. The lady asked if I was solo, and I could enthusiastically say, "Yes."

I soon realized I wasn't the only solo attendee at the concert. Although my row had several couples next to me, there were some single concertgoers 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?

NAME ONE ARTIST THAT
YOU'D LIKE TO SEE LIVE 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 must learn better ways of taking care of ourselves inside and out.

Often 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 long-term health, so schedule some spa time soon!

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

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

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



FOURTEEN | WINE / FOOD TASTING DATE

If you are a wine connoisseur 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 your particular tastes, and meet new people.

You can start with the staffers who recommend good wines and move on to other event-goers with similar selections. 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! Like the wine suggestion, you can sample as many exotic food flavors as you'd like without having to shell out big money for a dish you may not enjoy.

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. Listening to poetry live can ignite the artistic senses within you to do something creative on your end. I've been to quite a few poetry events, and I love how people can turn everyday situations into works of art.

When you go to a poetry or open-mic event on your me date, be open to the possibility that you may be inspired to share your poetry one day, 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, let alone a place you would go solo. 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 a good place to meet like-minded people who may be pursuing the same goals or business aspirations as you.

If you're an introvert or not comfortable 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 can help someone else, and they can help you in return.

And don't think you have to attend 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. I attended a Juneteenth day party as a business owner and made some great contacts!

**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

Feel free to fellowship with another church or even your church's ministry this summer for an event if they are meeting again. It could be a special event, 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 was one of the only people from Chicago, but I had no idea I would have such a great time! I got a chance to meet new people and sisters I already met through social media.

You don't necessarily have to get on a plane or leave the state to attend another church event, but if you want to, 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 hopelessly romantic to go on a date in a bookstore. First of all, you have to really like books, and secondly, you have to be open to 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 an excellent bookstore or library that is aesthetically pleasing to the eye (bonus if that establishment has a coffee shop).

Next, you want to find a cozy place where you can sit for a while and 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 haven't had the time to. Make some time to treat yourself to exploring another world through a fictional book or learning about someone else's journey through a nonfiction book.

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

WHAT BOOK(S) ARE YOU CURRENTLY READING?

WHAT DO YOU WANT TO READ BEFORE THE SEASON IS OVER?



NINETEEN | DATE WITH GOD

A date with God essentially sets time to spend with Him in whatever way 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 through prayer on your date and take some time to be patient so that God can show up in the way that He shows up for you.

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

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 for a nature walk? You can visit a local park, botanical gardens, or a new nature exhibit 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. Please be careful when going 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 you're in a secure place, you can discover what your environment has to offer. From the trees to the fresh smell of the flowers and even feeling the sunshine, find whatever it is that you enjoy about nature.

WHAT'S YOUR FAVORITE PART ABOUT NATURE?



TWENTY ONE | BIKING / SKATING DATE

This 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, that's fine. I just find my bike trail, put on my tunes, watch my surroundings, and keep it moving. 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 onto some smooth pavement and see how well you got it from back in your day skating as a kid. Skating even came back in style as fun recreation over the last few years.

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



TWENTY TWO | ART APPRECIATION DATE

Most cities nowadays have tons of local mural artwork to explore. You could take a stroll around your neighborhood to see 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 led by a host who knows more about the artists behind the murals or sculptures.

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

When I visited Brooklyn, New York City, I searched on my own for some beautiful murals to photograph. I found some dope works of art in Williamsburg and had to snap a selfie!

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



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

–YANNI BROWN

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 swimming, going to a water park, paddle boarding, or doing any water-related activity!

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 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 feel a sense of peace and God's presence in Him reassuring me that everything will 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 become predictable and "safe" in a stagnant 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, boba, etc.).

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

A new coffee spot, whether a chain store or one that you frequent, can show you what happens when you have to adjust to change.

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

You can take any dance lesson (online or in-person) to try something outside your norm.

We can become so self-conscious that we don't want to try living boldly. Taking a dance class will help you overcome timidity because you'll practice moves with others. Here's hoping you get a fun dance instructor as well!

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



CONCLUSION

The more I chose to date myself, the more I came to appreciate the things 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.

I pray that you will grow in confidence in God and let go of the fears of doing things alone or as an unmarried woman. I pray that you will find purpose and true bliss in this time of your life. I pray you won't be swayed by the pressures of your 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 and podcasts for Christian singles and on social media (Facebook, Twitter, and Instagram) at @BLISSforSingles.

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



Tatianah Green
Author, Editor in Chief

Tatianah Green is a speaker and 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 platforms 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 South Florida. Connect with her on Instagram at @honestlytatianah.



NOTES

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

–BLISSFORSINGLES.COM, 2017

A woman with long, dark braids is holding a bouquet of pink chrysanthemums. She is wearing a light-colored top. The image is overlaid with a semi-transparent pink filter. The text 'blissforsingles.com' is centered in a white box, and the tagline 'Black Love & Inspiration for Saved Singles' is written below it in a cursive font.

blissforsingles.com

Black Love & Inspiration for Saved Singles