

**THE  
POWER  
OF**

*Me Time*



*Quick Wins For Solo Adventures*



# HEY THERE, GORGEOUS!

Being solo isn't just about "me-time", it's about living your best life, on your own terms.



**YOU DON'T NEED A PLUS-ONE TO LIVE A  
FULL. EXCITING LIFE!**

This is your time to embrace everything you love, discover new passions, and enjoy life exactly the way you want.

*So, let's live in!*







**NO OTHER LOVE**

**NO MATTER HOW GENUINE IT IS,**

**CAN FULFIL ONE'S HEART**

**BETTER THAN UNCONDITIONAL**

**SELF-LOVE.**

*- Edmond Mbiaka*



# WHAT TO EXPECT

Over the next four steps, you'll reconnect with yourself, build confidence, and learn how to make solo time something you crave—not avoid.

This is your permission slip to stop waiting and start living  
—on your terms.

**PRINT THE FULL DOWNLOAD TO COMPLETE EACH STEP**

## STEP ONE

### **WHY SOLO TIME IS YOUR SECRET WEAPON**

Delve into why time on your own is so important and turn your solo time into a journey of self-discovery and empowerment!

## STEP TWO

### **10 SOLO DATE IDEAS**

Explore 10 solo date ideas to kick start your solo adventures!

Tips to plan and enjoy solo dates that are exciting, fun, and all about you!

*Go Directly to each step by clicking the box!*

## STEP THREE

### **EMPOWERMENT THROUGH INTENTIONAL SOLO DATES**

Get practical tips to be present when going solo!

## STEP FOUR

### **CHALLENGE YOURSELF TO STEP OUT OF YOUR COMFORT ZONE**

It's time to take action!  
We dare you to put yourself first - plan and execute a solo date ASAP!





# **STEP ONE**

**WHY SOLO TIME IS YOUR  
SECRET WEAPON**





# WHY SOLO TIME IS YOUR SECRET WEAPON



*Solo time isn't about conquering loneliness*

**IT'S ABOUT RECONNECTING WITH  
YOURSELF AND MAKING SPACE FOR  
WHAT TRULY LIGHTS YOU UP**

When you start intentionally spending time on your own, amazing things happen! Solo time lets you reconnect with what makes you happy, builds up your confidence, and reminds you that you're more than enough.

## **ASK YOURSELF**

- ☒ What makes me feel happiest in my own company?
- ☒ How can I show myself some love today?

By reflecting on these questions, you'll start to see how solo time can fill your cup in ways you never imagined.

Trust me—when you start prioritising YOU, **everything changes.**





# **STEP TWO**

## **10 SOLO DATE IDEAS**





# 10 SOLO DATE IDEAS



*Make your solo time more than just fun*

**PICK A SOLO DATE THAT MATCHES YOUR  
VIBE AND ENJOY THE FREEDOM OF  
DOING WHAT MAKES YOU HAPPY!**

You don't need a plus-one to live a full, exciting life. Whether you're in the mood for a little adventure, some self-care, or just want to treat yourself, these solo date ideas will have you feeling empowered and inspired.



**Sip & Stroll** | Grab your favourite coffee or smoothie and take a walk through a new part of town. Explore the local shops or check out a pop-up shop, art exhibit, or street fair in a new area. Enjoy discovering something new while treating yourself to good food and vibes.

**Solo Movie Sesh** | Catch that movie you've been eyeing—popcorn in hand, solo style. No sharing snacks, no one talking through the good parts, just you enjoying the flick.

**Move Your Body** | Whether it's paddleboarding, hiking, or biking, head outdoors and try something new that gets you moving. Try out a yoga class, whether in-studio or online, then head home and relax with some self-care time. You'll feel refreshed and balanced.

**Digital Detox Day** | Spend a day without your phone or social media. Go for a walk, cook your favourite meal, or just relax and recharge with a good book or journaling session.

**Thrift & Treasure Hunt** | Spend an afternoon thrifting for hidden gems at your local shops or flea markets. Challenge yourself to find a statement piece for under \$20!

**Farmers Market Find** | Stroll through a local farmers market, grab fresh ingredients and treat yourself to a fresh meal. Bonus: You're supporting local businesses!

**Solo Night In** | Make it a themed night in—watch classic rom-coms or thrillers, order your favourite takeout, and enjoy the ultimate cozy solo time.

**Bookshop Bliss** | Spend a lazy afternoon browsing through a bookstore, picking up a new read that speaks to your current mood. Treat yourself to your favourite drink and a cozy reading nook afterwards.

**Brunch for One** | Head to your favourite brunch spot solo. Order something indulgent and savour the time to yourself while people-watching or listening to a podcast.

**Picnic with a Playlist** | Pack up your favourite snacks, a blanket, a book and a killer playlist, and head to the park for a solo picnic. Perfect for some reflection or people-watching.



*Feeling a little nervous about flying solo?*

**NOT EVERYONE FEELS SUPER CONFIDENT  
GOING SOLO AT FIRST, AND THAT'S  
OKAY. WE'VE GOT YOU!**

## **HERE ARE THREE SIMPLE TRICKS TO BOOST YOUR CONFIDENCE**

- ☑ **Personal Soundtrack** | Pop in your favourite playlist or podcast while you're out and about. It gives you a little comfort boost and keeps you in your zone.
- ☑ **Mini Pep Talk** | Before heading out, remind yourself: "I deserve this time for myself, and I'm here to enjoy it!" A quick self-affirmation can do wonders for your confidence.
- ☑ **Solo-Friendly Spots** | Pick places that feel welcoming to solo guests. Try a café with bar seating or a casual park bench, it's all about finding a space where you feel at ease.





**STEP THREE**

**EMPOWERMENT  
THROUGH INTENTIONAL  
SOLO DATES**





# EMPOWERMENT THROUGH INTENTIONAL SOLO DATES



*Make your solo time more than just fun*

**WANT TO MAKE YOUR SOLO TIME EVEN  
MORE POWERFUL? TURN IT INTO AN  
INTENTIONAL PRACTICE**

## HERE'S HOW

- ☑ **Set an Intention** | Before heading out, decide what you want to get out of your solo date. Are you looking for fun, relaxation, or a deeper connection with yourself? Your intention will shape the experience.
- ☑ **Stay Present** | Focus on the moment. Try a simple mindfulness practice: take a few deep breaths, engage all your senses, and really tune into what you see, hear, and feel around you.
- ☑ **Reflect After** | How did your solo date make you feel? Did you learn something new about yourself? Taking a few minutes to reflect after your experience will help you get the most out of your time alone.





# **STEP FOUR**

**CHALLENGE YOURSELF  
TO STEP OUT OF YOUR  
COMFORT ZONE**





# CHALLENGE YOURSELF TO STEP OUT OF YOUR COMFORT ZONE



*Ready to level up your solo adventures?*

**CHALLENGE YOURSELF TO TRY  
SOMETHING NEW AND EXCITING!**

**READY FOR A DARE?**

We dare you to try something new and step outside your  
comfort zone this week.

## **THIS WEEK'S CHALLENGE**

Pick something you've never done solo and try a new solo experience that excites or scares you just a little! It could be exploring a museum, signing up for a new hobby class, or eating out at a new restaurant solo.



# MINI SOLO DATE CHALLENGE TRACKER



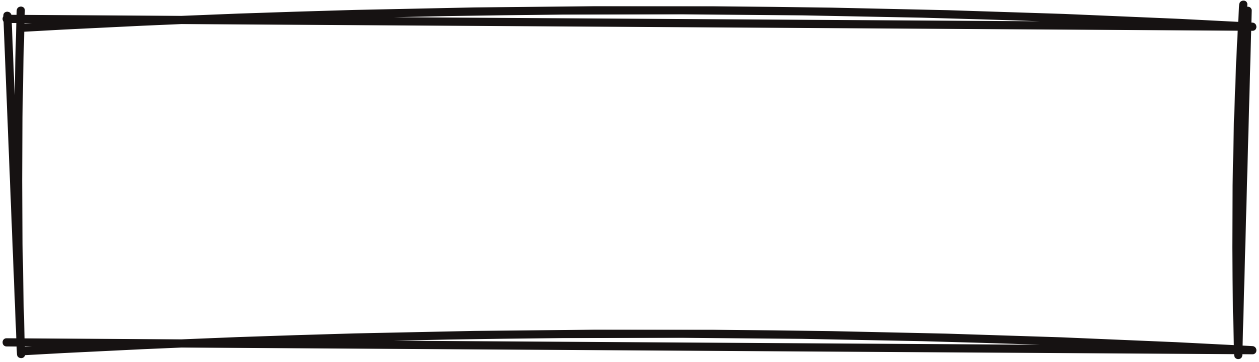
**CELEBRATE YOU—EVERY SOLO WIN IS A  
STEP CLOSER TO YOUR GLOW-UP**

## **THREE DATES - ONE REWARD**

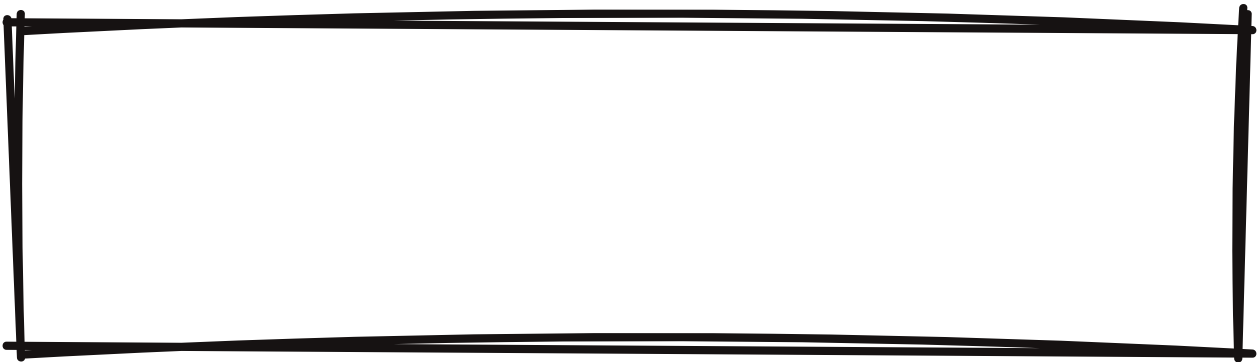
Print out the mini tracker and use it to mark off three solo dates you've completed. Once you've completed all three, treat yourself to something special. Whether it's a cute new outfit, a massage, or that little something you've been eyeing! You earned it!



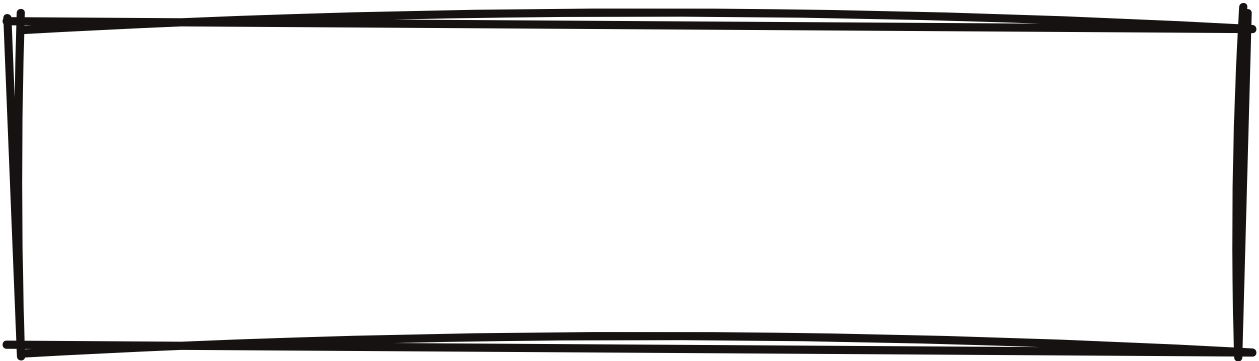
## **SOLO DATE #1**



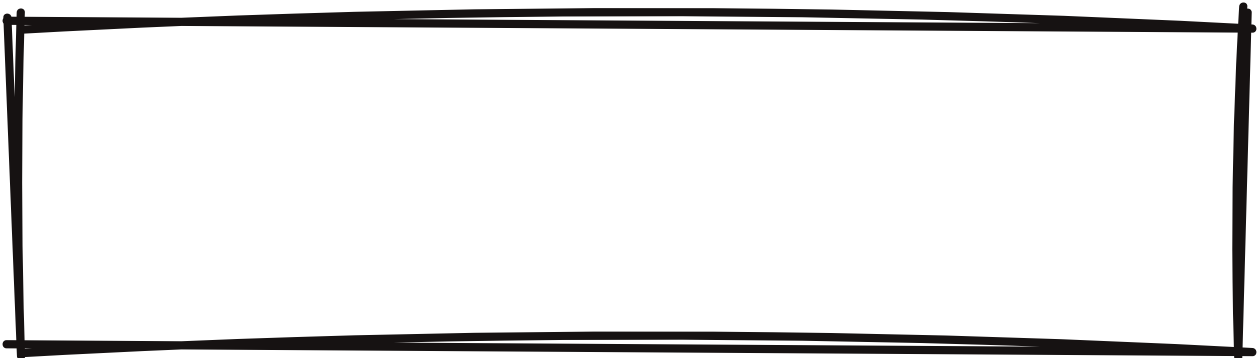
## **SOLO DATE #2**



## **SOLO DATE #3**



## **MY SWEET TREAT**





# YOU'RE ALREADY KILLING IT!



You're committing to living your best solo life, and each date you plan is another step toward deeper self-love and empowerment.

Every solo moment you embrace is a reminder that you don't need anyone else to live a full, exciting, and joyful life, because you are whole on your own!

## **AS YOU HEAD OUT ON THESE SOLO ADVENTURES, REMEMBER...**

This is your time to explore, have fun,  
and reconnect with what makes you happy!

*Embrace each solo date as a celebration of yourself*

**YOU DESERVE IT!**





**WHAT'S  
NEXT?**



# TSGP

## Self-Work Edition

### WHAT'S INSIDE....

- ✓ Learn How To Plan Solo Dates
- ✓ Identify Your Core Values
- ✓ 20+ Goal Suggestions For Independent Women
- ✓ Templates To Plan Your Goals
- ✓ Explore 14 Examples Of Boundaries
- ✓ 10+ Scripts To Effectively Set Boundaries

**LOVE  
YOURSELF  
FIRST,  
ALWAYS!**





# WANT TO GO EVEN DEEPER?

If this edition helped you get clear on what you want in a partner  
the **Self-Work Edition** is where you get clear on you.

**READY TO LEVEL UP?**



**SCAN THE QR CODE**



Because dating with intention starts with knowing your values, your boundaries, your non-negotiables – and standing firm in them.

That kind of clarity?

**It's built in the self-work.**

If you're ready to feel even more grounded, confident, and connected to the woman you're becoming, it's time to take action.

The next chapter **starts with you.**

Get your copy now

 [www.thesinglegirlplaybook.com.au](http://www.thesinglegirlplaybook.com.au)

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