

SINGLENES IS NOT A CURSE!



*8 WAYS TO  
MAXIMIZE YOUR  
SINGLENES*

BY COACHES  
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## 8 Ways To Maximize Your Singleness

The best gift you can give yourself is becoming all that you were meant to become.

Take time to discover more of who you are before diving into a relationship.

Realize you were born with a purpose and that your relationship choices can significantly impact that purpose.

***Who are you? What are your God-given dreams? What is your God-given purpose? What does the Word of God say about you?***

Once you've come to the true realization of who you are, you'll start to appreciate yourself more and make better choices especially when it comes to your relationships.

Right now you can begin to maximize your singleness by discovering more of who you are. When you know yourself no one will have the ability to redefine you at your core.

God has given you big dreams and a purpose to fulfill, which at times can become overwhelming. But as you appreciate who you are and that you were created to be you, you'll inevitably make wiser decisions about your relationships.

Refuse to allow poor decisions or past mistakes to keep you from your destiny.

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Appreciating who you are can save you from much heartache, failed relationships, or possibly a failed marriage—a wedding is by and large cheaper than a divorce.

The decisions we make can have a ripple effect throughout every area of our life and we can't afford to make them solely out of our emotions. Our emotions constantly waver and for this reason we shouldn't make lifelong decisions based on them.

Whether single by choice or circumstance, know that **singleness is not a curse!** It can be a season to grow and evolve into more of who you are meant to be. In your season of singleness you can heal from broken relationships, learn so much more about yourself and understand what you truly need in a relationship.

In spite of everything, you may be saying to yourself, *"Do they know how old I am and how long I've been waiting?"* You're absolutely right; we may not know, but God does.

He knows the plans (*the many plans*) He has for you; plans for good and not for disaster, to give you a future and a hope.

It's time to start appreciating yourself and what the Word of God says about you. There are many ways to do this, and one sure way is to maximize your singleness.

The following are 8 ways to help you get started, things we have tried, tested, and have proven to work.

### 1. Appreciation

Appreciate where you are on your journey in life.

If you stop and pay attention to everything and everyone around you, you'll come to realize there's a lesson to be learned right where you are.

**Every relationship you have has a role to play in your life.** The people around you, whether you like them or not, are all a part of your journey.

## 2. Family and Loved Ones

Spend more time with family and loved ones.

You may not get along with all of your relatives and that's okay. Sometimes relationships can become strained but when forgiveness is needed, forgive. **Forgiveness is more about you than it is about others. Forgive to heal yourself.**

**Forgiveness is a gift you give yourself when you choose to let things go.**

Keep your "cup" free of bitterness and unforgiveness – the joy blockers. Enjoy your family and take time to foster your relationships.

## 3. Laughter

It's said a day without laughter is a wasted day.

Laugh more and frown less. Laughter will get you through the darkest hour of your life and help to brighten your days.

No matter what you're facing, focus on reasons to be joyful.

Cultivating an attitude of joy keeps stress at bay.

**Joy empowers you to overcome challenges and is beneficial to your well-being.**

A cheerful heart is good medicine for the body, soul and spirit!

### 4. Friendship

**Friendship is a gift.**

As you would cultivate any other relationship in your life, your friendships also need the same love, care and attention. However, if you have any toxic friendships, now is the time to detox your life and get rid of them. Free yourself of the toxin.

Celebrate your friendships. Start with a date night with your girlfriend(s). Send a “Save The Date” invite and begin basking in the gift of friendship. The joy of having good soulful conversations with your girlfriends is priceless!

### 5. A New You

Not only does a home need some enhancement from time to time to keep it at its best, we also can use some help to **become all that we are meant to be – becoming what we actually want to attract.**

So whatever the enhancement to self or your life, just do it. If you want to continue your education, do it. If you want to learn a specific dance style, do it. If want to learn a different language, do it. If you want to learn a specific cuisine, do it.

The world is your playground, start exploring!

### 6. Wellness and Self-Care

It's vitally important to take care of your body, soul and spirit. Start by taking time for yourself.

Yes, it's okay to be selfish at times. Do for you!

If you need healing from your emotional wounds take the time and space to get the help you need.

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Exercising is very important so make time to exercise daily. Be active. If you can't go to the gym, workout at home, walk or jog. In the same vein, take care of your spirit by feeding it the Word of God; set aside time to meditate on scripture(s). **Once the body, soul and spirit are in alignment, you're unstoppable!**

### 7. Dream Big!

Dream BIG! It's as simple as that.

**We serve a big God, so don't put him or yourself in a box by dreaming small dreams.**

Don't quit on yourself because it's never too late to fulfill your dreams. Believe in your dreams because if you don't no one else will. Don't be moved by your situation but be moved by your revelation—the revelation of how BIG God is!

### 8. Time For Action!

Every goal should have an action plan with reasonable steps to be taken.

**Write the vision down, make it clear, and run with it. Faith without action is dead.**

You have an excellent spirit inside you, and because of that you'll do everything with excellence and produce excellent results! Walk in this consciousness and allow wisdom to guide you.

Let no person, situation, thing, or emotion get you off course from your God-given purpose and dreams.

Maximize your single status and enjoy where you are while you get to where you are going.

God bless you! You're God's masterpiece!



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