

*The 3 Biggest
Mistakes
Single Women
make.*



By Shelley Cox

Mistake Number 1

Settling for Less

Mistake: Sometimes, single women might settle for a relationship that doesn't meet their standards or make them truly happy, just to avoid being alone.

How to Overcome:

Know Your Worth: Understand your value and what you bring to a relationship. Don't compromise on your core values and needs.

Set Clear Boundaries: Establish what you want and need in a relationship and communicate these clearly.

Be Patient: It's better to wait for the right person than to settle for someone who isn't a good match.



Mistake Number 2

Neglecting Self-Care

Mistake: Focusing too much on finding a partner and neglecting personal well-being and self-care.

How to Overcome:

Prioritize Yourself: Make time for activities that make you happy and healthy, such as hobbies, exercise, and spending time with friends and family.

Develop Self-Love: Practice self-compassion and self-acceptance. Remember that your worth is not defined by your relationship status.

Seek Balance: While it's okay to look for a partner, ensure you're also nurturing your own growth and happiness.



Oops!

Mistake Number 3

Ignoring Red Flags

Mistake: Overlooking warning signs in a potential partner due to infatuation or the desire to be in a relationship.

How to Overcome:

Stay Objective: Try to view your relationship from an outsider's perspective. Are there behaviors or patterns that concern you?

Trust Your Instincts: If something feels off, don't ignore it. Your intuition is a powerful tool.

Seek Advice: Talk to trusted friends or family members about your relationship. They can offer valuable insights and perspectives.



Weekly Self-Care Checklist

For your daily activities, from Monday to Sunday

Monday

1. Hydrate.
2. Gratitude journal.
3. Self-Reflect.
4. Walk.

Tuesday

1. Sleep well.
2. Healthy breakfast.
3. Gratitude journal.
4. Exercise.

Wednesday

1. Spend time with family.
2. Gratitude Journal.
3. Take a bath.
4. Read.

Thursday

1. Exercise.
2. Gratitude Journal.
3. Hobby time.
4. Spend time with friends.

Friday

1. Plan weekend.
2. Declutter space.
3. Gratitude Journal.
4. Movie time.

Saturday

1. Outdoor activity.
2. Creative project.
3. Gratitude Journal.
4. Rest.

Sunday

1. Sleep in, recharge for the week ahead.
2. Plan schedule, set goals, prioritize self-care tasks.
3. Pamper yourself: face masks or bath.
4. Enjoy nature: walk, hike, picnic, recharge outdoors.



DAILY GRATITUDE

Write three
things you
are grateful
for each day
this week.



DAILY GRATITUDE

Monday

1.

2.

3.

A vertical graphic with a light beige background featuring faint, stylized illustrations of stars, sunbursts, and dandelion-like seed heads. A large, dark brown oval is centered on the page. Inside the oval, the text "DAILY GRATITUDE" is written in a white, serif, all-caps font, arched across the top. Below it, the word "Tuesday" is written in a larger, white, serif font. At the bottom of the oval, there are three numbered lines: "1.", "2.", and "3.", each followed by a blank space for writing.

DAILY GRATITUDE

Tuesday

1.

2.

3.



DAILY GRATITUDE
Wednesday

1.

2.

3.



DAILY GRATITUDE

Thursday

1.

2.

3.



DAILY GRATITUDE

Friday

1.

2.

3.



DAILY GRATITUDE

Saturday

1.

2.

3.



DAILY GRATITUDE

Sunday

1.

2.

3.

DAILY PLANNER

DATE: _____

MY GOAL FOR THE WEEK

NOTES:

TO-DO LIST:

EXERCISE:

APPOINTMENTS:

MEALS: