

AGENDA O1 Appreciating the

O1 Appreciating the Journey of Single Life

02 Identifying a Tilted Crown & How to Fix it

03 Understanding our Worth

04 Navigating Social Media & Comparison Traps

05 Deciding if we are Single & Ready to Mingle

O6 Celebrating Singlehood & Walking in Confidence

01 APPRECIATING THE JOURNEY OF SINGLE LIFE

Partner Activity

"This is My Story"

Share how did you get to singlehood &what has been the most rewarding part of your single journey?

WHAT CAN CAUSE YOUR CROWN TO TILT? Societal Pressure Loneliness Unwanted attention Comparison Dating Frustration Stereotypes Work-Life Balance Judgment from Others Feeling Left Out Future Uncertainty Lack of Emotional Support Body Image/ Self-Worth Unforgiveness

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Promiscuity

02 WHAT CAN CAUSE YOUR CROWN TO TILT?

Group Activity

"Restoring My Crown"

- In small groups, identify areas in your life that tilt your crown which causes you to feel less confident or whole
- Discuss how letting go of these burdens can "straighten" your crowns

03 UNDERSTANDING YOUR WORTH

Self-Reflection

"Ruby Reflection"

Write down a promise from God or a personal value you hold dear. Keep your red ruby as a reminder of your worth.

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05 READY TO DATE AGAIN

Group Activity

"Heart Check"

Write down three qualities that you need in a partner and three signs you are ready to date again. In your group discuss what makes someone truly ready to seek a relationship.

06 CELEBRATING SINGLE LIFE

Partner Activity

"Crown of Abundance"

Discuss with a partner how you plan to live more abundantly in your current season of life. What goals or dreams have you put on hold that you can now pursue?

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