

**THINGS TO REMEMBER:**

- Becoming a successful single is about learning to be happy with yourself.
- You have to be happy with yourself before you can expect to get along with others.
- You, and only you, have the power to inspire and encourage yourself to become a successful single.
- In order to become a successful single, you must be able to recognize and resist the forces at work that make you feel bad about being single.
- Being single is only a problem if you let it be a problem.
- A positive attitude is your first line of defense.
- If you want to become a successful single, you have to want to change and you must get started now.
- You should never measure your self-worth by your relationship status.
- If you think you're not worth anything unless you're part of a couple, then you won't be. On the other hand, if you decide that your time as a single is a great opportunity to be yourself and make yourself happy, you'll find single life much more fulfilling.
- Develop tactics to resist influences that cause negative feelings about being single.
- Negative attitudes lead to fears and anxieties about being single.
- A relationship is not an insurance policy for happiness, satisfaction, or fulfillment.
- The idea of singleness being a "waiting period" can give you the false impression that something is missing.
- Accepting singleness is a victory, not a defeat.
- There are advantages to being single, such as having more control over your time and money, more freedom and independence, and being able to become aware of who you are.
- To get started on becoming a successful single, first look at being single as a voluntary choice rather than a forced situation. Then, you should develop a support system, fill your time, seek counseling if necessary, and be thankful for what you already have.
- Instead of doing something *about* your singleness, do something *with* your singleness.
- Singleness can be a time for many opportunities.
- When it comes to being single, you have to take control of the problems before the problems take control of you. Failure to take control of the problems will lead you on a path of destruction.
- Don't let being single destroy you. Let being single strengthen you.
- A successful single wants to be happy while being single, is content with themselves, makes use of the advantages of being single, and sees singleness as an opportunity and not a trap.
- If you want to be a successful single, you have to feel complete on your own.
- You'll know that you are starting to become a successful single when your actions change.