



# ARE YOU READY TO **START DATING?**

A 10-Question Quiz  
To Help You Figure It Out

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# INTRODUCTION:

Hey sweet friend!

I'm so excited to share this with you! This is one of the questions I'm asked the very most by my sweet readers and podcast listeners, "Am I ready to start dating? How do I know?"

It's a great question. I'm so glad we're taking the time to ask it!

The fact that you're asking this question means you want to be intentional with your dating life — but not *just* with your dating life. By

asking this question, you're being intentional with your faith, with your heart, with your healing, and with your health.

You're asking this question because you want to make sure that dating isn't a distraction from how you're growing in life these days. You're asking because you want to honor God with your dating life and invite Him into every part of it. You're asking because you want to make sure that by the time you do start dating, you can bring the best of yourself to the table. You're asking because you want to set yourself up for the best possible future marriage.

Yes yes yes!

But the question is still there... "Am I ready to start dating? How do I know?"

It's a hard question to answer, which is why I created this quiz. (Also, who doesn't love a good magazine quiz, right? I miss those!)

I'm going to ask you some intentional questions to get you thinking about yourself, about your heart, and about your life these days. And my hope is that by the time you finish, you have a much clearer picture of whether you're ready to share your life with someone or whether you want to take more time to invest in yourself and heal and grow first.

## HOW TO USE THIS QUIZ:

Carve out an hour of time. An hour is more than you'll probably need, but I don't want you to feel rushed. Find a place that's quiet, free of interruptions, and comfortable. Put on your favorite pair of sweatpants, pour yourself a cup of tea or make yourself a snack, and settle in.

If your mind is feeling particularly busy right now, go ahead and spend some time reading first. Pick up a devotional or a book you've been loving. Read a few pages of something that will help your heartbeat slow, that will help your mind clear, that will help you relax and open up enough to hear from yourself.

When you're ready to dive in, you can print out this quiz, or just answer these questions in a journal. Whatever you prefer is just fine.

## OH, AND LET'S TALK ABOUT THE ANSWER KEY...

On the last several pages, you'll find the answer key. (Don't cheat and go there first!) After you answer the questions, the answer key will have an

explanation to go along with each question, telling you why I asked and also how to decode your answer.

You ready? Let's dive in...

## **ARE YOU READY TO DATE? A 10- QUESTION QUIZ TO HELP YOU FIGURE IT OUT:**

1. When you are really honest with yourself, do you want to be in a relationship right now?

2. If you do want to be in a relationship, take a few minutes to think through why. Why do you want to be in a relationship?

3. Do you have a broken heart these days, or do you have feelings for someone else that you're trying to get over?

4. We all have hard things that happen to us throughout life. Is there anything in your life that's been particularly hard that you might not have worked through yet? (A big loss, something traumatic, something within your family, etc.)

5. When it comes to confidence and identity, how are you doing these days? Are you feeling pretty comfortable and confident about who you are as a person? Or are you in one of those seasons where insecurity seems to be extra strong?

6. Where are you in your faith right now? Do you feel connected to God? Disconnected from Him? We're always growing and learning and changing, but overall, where do you feel like you are in your faith right now?

7. Are you in a season of transition? Also, do you feel like you have the time, the space, and the mental energy to start dating right now?

8. Is part of you holding off on dating because you feel like you're not good enough yet? Do you feel like you have to be perfect or reach some certain place in life before you can start dating?

9. Are you afraid to start dating? If so, why?

10. Have you ever had a season where you didn't have a guy in your life? A season where you just got to focus on you and your own health, direction in life, and growth?



# ANSWER KEY:

Now that you've taken the time to answer those questions, let's talk through them together! For each of the above questions, I'm going to share with you why I asked and what your different answers might say about whether or not you're ready to date.

My hope is that you've had a chance to be honest with yourself — taking a good look at where you are in life right now, and what you might be needing in this season. I also hope that this answer key gives you a little bit of insight, some hints and clues as you're trying to make this decision for yourself.

But I also want to say that no matter what this answer key says, this decision is totally up to you. Only you know if you're ready to date, and only you can make the decision.

But, here's the good news in that: You can always make a different decision.

If you do decide to start dating and you suddenly realize you need more time, you can always stop. No matter what you decide today, if you take a few steps forward and feel like it's not right, you can always change your mind.

The other thing that could be really helpful is to bring this quiz and your answers to a trusted friend, mentor, pastor, or counselor. They know you, and know where you are in life right now, and they'll be able to talk through your answers with you and give you some personalized guidance!

## **OKAY, YOU READY? LET'S TALK THROUGH THOSE ANSWERS!**

1. When you are really honest with yourself, do you want to be in a relationship right now?

The reason I asked this question is because we don't often do! We talk about relationships so much as women, and there can be so much pressure to date someone, find your person, and get married, I think we forget to ask ourselves if this is actually what we want! And not just what we want in general, we forget to ask ourselves if this is what we want in this season right now. The answer can be yes, and it doesn't have to be yes!

2. If you do want to be in a relationship, take a few minutes to think through why. Why do you want to be in a relationship?

Our motivations for wanting to be in a relationship will tell us a lot about whether or not we're ready.

If your answer is something along the lines of wanting to share your life with someone, wanting a partner to walk through life with, wanting to love someone, those are all great reasons!

What I want you to be on the lookout for though, is whether you might be looking to a relationship to fix something within you or within your life. That's a warning sign that you might not be ready. Because while relationships really do add so much to our lives, they're not ever going to fix our lives. They were just never supposed to.

If we're looking to another person to fix us or a part of our lives, that often has a few different results:

1. It causes us to settle for people who might not be right for us (A lot of really unhealthy relationships start this way!)
2. It leaves us feeling disappointed and dejected when the relationship doesn't come through as the cure we were hoping it would be

3. It impairs our ability to be a good, healthy partner in the relationship
4. It puts too much pressure on the relationship and on that other person, which can lead to a really hard relationship, or it can end the relationship altogether
5. And more...

Now, keep in mind, I've made this mistake more than once. So if you have too, know that you're SO not alone.

But, there's a better way — a way that results in healthier relationships and a healthier us:

If you have some places that really feel broken or incomplete in your life right now, the best thing you can do is to take some time to work on healing those things directly.

For example, if you're feeling really lonely in life right now, a relationship can definitely help, but it can't fix your loneliness altogether. It was just never supposed to! You need more than just one relationship in your life. You need people who are your people. You need friends, family, a church community, people in your corner. So if you're feeling really lonely in this season right now, spend some time seeking out other relationships

first. Start going to church, join a small group, regularly invite friends to coffee, invest in your coworkers.

Having those other relationships will keep you from putting too much pressure on a romantic relationship once you have one, and it'll help you make wise choices about who to date instead of choices spurred by loneliness. Having people in your corner will help give you the wisdom and confidence you need to step into the dating scene, and your new community might actually be the way you meet a really great guy!

Another example is if we're looking for mentorship, guidance, or even healing in our lives in this season. A boyfriend or a husband can offer great advice, and they can be part of the healing process for us. But they can't take the place of God, of mentors, of doctors, of therapists, and they're not supposed to.

So if you have some areas of your life where you're feeling particularly lost or hurt or broken, seek out healing and help from those other sources first.

And here's the thing — if you do this, if you seek healing and fulfillment and completeness from the right sources in your life you'll then be free to enter into a relationship without putting so much pressure on that person. You'll be able to find someone really great, and be really great for them, it'll set you up for a healthy, happy, long-lasting relationship!

So take a good look at your answer and into your heart. Are you looking to a relationship to fix some things that only family, friends, God, a counselor, a mentor can help you with? If you are, I would hold off on dating for awhile.

But if you are already getting those needs met in the right places, and if you're not looking for a fix to your life, but rather someone to share your great life with then you might really be ready to date!

3. Do you have a broken heart these days, or do you have feelings for someone else that you're trying to get over?

When I was in college, I dated this guy named Mike. Mike and I dated on and off all throughout college, and always during really specific seasons of my life: Mike and I would always date when I was trying to get over someone else. Mike was my permanent rebound relationship.

Now, here's the thing: This was not fair to Mike and it was not fair to me either.

Mike is a really great guy, and he deserved to be with someone whose heart was available for him. My heart was too hurt, too tangled up, too

broken to ever really be able to commit to him, and so really what I was doing was using him. I was using him for attention, for hugs and kisses and cuddles, for a distraction from my broken heart, and every so often, I was using him to make that other guy jealous.

(I'm not proud of this, for the record. I've seriously apologized to poor Mike.)

But not only was this unfair to Mike, it was also unfair to me.

Breakups, while they're totally brutal and impossibly painful, are also a great opportunity. When our hearts are cracked open like this, it's the perfect moment for us to learn more about ourselves, to become better versions of ourselves. Breakups are a wonderful teacher, a great catalyst for beautiful life changes. Breakups are also a wonderful time for us to seek (and find!) God!

But because I was using Mike as a BandAid for my broken heart instead of actually facing my broken heart, it kept me from growing, from learning more about myself and about God. It also really prolonged my healing process, because I wasn't healing. I was avoiding.

So, if you have a broken heart right now, or if you have feelings for someone that you're trying to get over, seek healing before you seek out another relationship.

Use this time to seek wholeness, connection with God, newness, to learn and grow as a person.

If you take the time to do those things, your future relationships will be so much better as a result.

4. We all have hard things that happen to us throughout life. Is there anything in your life that's been particularly hard that you might not have worked through yet? (A big loss, something traumatic, something within your family, etc.)

Life can be so hard sometimes, can't it? Throughout our lives, we all go through things that break us, that hurt us, that wound us, that totally knock us over.

I so wish this wasn't happening to our dear friends and sisters, but I have conversations all the time with women who have been in abusive relationships, who have suffered abuse from family members, whose parents are in the middle of a divorce, who are in the middle of a divorce themselves. I have girlfriends who are grieving a big loss — some



are grieving the loss of a job or a dream, others are grieving the loss of a loved one, the list goes on.

Every single one of us experiences heartbreak, trauma, and really hard things as we walk through life on this beautifully broken earth, and while these things don't discount us from love (not at all!) it is important that we take the time to heal.

Sometimes, when it comes to our relationships, unhealed hurts can turn into unhealthy relationships.

Here are a few examples:

A few years ago, a dear friend of mine found herself in a manipulative and emotionally abusive relationship. It was terrible. He was a truly unhealthy person, and we were thrilled when she ended the relationship for good.

But not long after she got out of that relationship, she hopped right back into another one. She didn't take the time to heal, didn't take the time to process it, to get some counseling (which is really what she needed), and the saddest thing is that the next guy she dated could have been the first guy's twin.

This unhealed hurt turned into a pattern into her life, and it became much harder to break.

Another dear friend of mine is weathering her parents' divorce. Her dad was unfaithful to her mom, and her family has been torn apart.

My dear friend started dating a wonderful guy in this midst of this season, but much to both of their frustrations, she found herself totally unable to trust him.

He hadn't done anything wrong, had not done anything to lose her trust. But because of what her parents were going through, and because she hadn't had the time to process and heal from her father's betrayal, she was projecting all of that mistrust onto a guy who totally didn't deserve it.

A sweet reader of mine reached out to me after the death of her beloved grandfather. They were so close, best friends, and his death broke her heart completely. A few days after the funeral, she was out with some friends when a guy approached their table. He thought she was cute, asked for her number, and they started to date. She told me that her friends could see immediately that he wasn't a good guy, but she was so blinded by grief and so desperate for a distraction and some comfort, she wasn't able to see how unhealthy the relationship was. She said, "I stayed in that terrible relationship for a year. It was such a mistake. I wish I had

just healed from my loss and then started dating. My grief really impaired my judgment.”

Friend, if you're in the midst of a tough season right now, or if something sad, painful, or traumatic has happened in your past, it's really important that you take the time to deal with it.

I know this is so hard (I'm with you, I totally totally get it), but your future relationships will be so much better as a result.

So take a look at your heart, at your life, and at your past right now. Do you have some things that might need to heal before you get into a relationship? If so, it's probably a good idea to address those first. If you have already done this work, or if nothing is coming to mind, that's a great sign that you might be ready to start dating!

5. When it comes to confidence and identity, how are you doing these days? Are you feeling pretty comfortable and confident about who you are as a person? Or are you in one of those seasons where insecurity seems to be extra strong?

Shortly after I graduated from college, I started dating a great new guy. He liked me a lot and I liked him a lot. There was just one big problem in our relationship: I didn't like me.

Maybe that sounds silly, and you're wondering, "Why would that even matter?" Or maybe you're thinking, "You had this great guy dating you, how didn't you feel loved?" But I'm telling you, I really didn't.

I was drowning in so much insecurity in myself, I couldn't feel his love for me. I couldn't believe that he loved me, because I didn't love me.

No matter what he did in that relationship, it never made a difference. It didn't matter how well he treated me, how many dates he took me on, what he said to me, or how many times he sent me flowers. I couldn't feel his love for me. It's like it bounced right off.

This was so frustrating for me, and it was so frustrating for him, because nothing he did helped how I felt.

It wasn't the whole reason we broke up, but it was definitely part of it. And this was a huge wake up call for me.

I always thought that if someone loved you, it would make it easier to love yourself. Or that maybe if they loved you, you wouldn't need to love yourself — their love would overpower all of your insecurity.

But I discovered that's just not true.

If we don't have a good relationship with ourselves, if we see ourselves as totally, completely unlovable, it's really hard for anyone (even a wonderful guy!) to talk us out of it. Our sense of identity and confidence and worth can't come from someone else. They have to come from within, and more than that, they have to come from God.

I worked on this for a long time in between that relationship and when I met my husband. I invested in my relationship with myself, learned a lot about God's love for me, and really worked at finding my identity in Him.

And I'll say, while I definitely still have days where I feel insecure, it is **SO MUCH BETTER** now. My relationship with myself is so much better, and my relationship with my husband is so much better as a result. When my husband says, "I love you" I really believe him. I can receive his love because I feel worthy of love, and because I'm in a better place in my own life, I'm better able to give that love right back.

So take a few minutes to examine how you're feeling about yourself. Remember that a relationship isn't meant to fix the holes in our heart. And so if this is a hole that feels particularly deep, it's worth addressing it before you jump into a relationship — but know that this investment in yourself will make your future relationships so much better.

And if you are feeling comfortable, confident, and secure in your identity these days, then you might really be ready to start dating!

6. Where are you in your faith right now? Do you feel connected to God? Disconnected from Him? We're always growing and learning and changing, but overall, where do you feel like you are in your faith right now?

This is another moment to keep in mind that we'll never be perfect, and that perfection isn't the expectation. We'll always be growing in our faith, we'll never "arrive." This is a life-long journey.

But, that being said, both for your own life and for your future relationships, it's important that you're investing in your faith and growing closer to God.

Pursuing a close relationship with God will help ground you, keep you centered on truth and wisdom, help you keep from making a relationship an idol in your life, it'll fill the places in your life and heart that only God can fill which will allow you to both receive and give more love in a relationship, and that's just the beginning.

Not only that, but so many of us say that we want to be in a Godly relationship. But a Godly relationship doesn't just appear when we start dating someone. A Godly relationship happens when two people who love God individually, get together. So it's important that you start building that foundation now!

Also, many of us are looking for a guy who is really strong in his faith, but we forget that a guy who is strong in his faith is going to be looking for a girl who is too!

And so if faith is really important to you, if you want to be in a relationship with someone who's faith is really important to them, and if you want to have God at the center of your relationship — it's so important that you start bringing God to the center of your life now, before you start seeking out a relationship.

But don't use this as an excuse to avoid dating for too long! We're trying to seek God and learn from Him and make Him a priority in our lives — but this is a life-long journey, something we'll never be perfect at. There isn't a check-list of things you need to complete before you're free to date. Don't let a quest for perfection hold you back from connection.

7. Are you in a season of transition? Also, do you feel like you have the time, the space, and the mental energy to start dating right now?

The reason I ask is because if you're about to go through a huge transition, that's not always the best time to seek out a new relationship.

If you're about to move to a new state, starting to date a new guy in your old state makes things so much more complicated. It makes your move harder, makes the transition more painful, and it makes it more difficult for you to really put down roots in your new home.

So, if you're about to go through a big transition, and you're not already in a relationship, it might be a good idea to wait until after the transition to start putting yourself out there.

That being said, this isn't a hard-and-fast rule! If you meet someone really great right before you move, you can definitely pursue the relationship and see where it goes. Long distance relationships are possible, and he could always move to be closer to you, or you could move back to be closer to him. If the guy is really wonderful, and this just happens to be when you meet him, that might be totally worth it!

There's no right or wrong answer here, it's just something to think about. If you're about to go through a big transition, do you want to start dating someone before? Or would you rather hold off and start dating someone once you're a bit more settled?

When it comes to time, space, and mental energy, this answer is incredibly subjective. There is no right answer. People date and enter into relationships in all different seasons of life, and even once you're in a relationship, you'll have times of life where you're crazy busy and times where you have a bit more margin.



There's never a perfect time to start dating or to be in a relationship. You don't need to have hours upon hours to spare.

But if you are in a season where you are barely sleeping because you're so busy, or where your schedule is totally packed to the brim, you might decide that you want to wait awhile before you start dating and pursuing a relationship.

On the flip side of that, if you realize that you are **THAT** busy, and that it could potentially be holding you back from being able to connect your life with someone great, maybe you decide that it's time to take a few things off your plate. Maybe you decide that while all of your obligations are important, you also want to have the space it takes to meet someone. So maybe you decide to make a few changes.

Like I said, there's no right answer here. Do you have some extra space and time in your life that you could use for dating? If you don't have that time, do you want to hold off on dating for awhile? Or do you want to move some things around so you do have that extra time? It's totally up to you. It's just something to think about!

8. Is part of you holding off on dating because you feel like you're not good enough yet? Do you feel like you have to be perfect or reach some certain place in life before you can start dating?

You don't! You definitely don't!

As we're talking about in this answer key, there are some things we should heal and address before we jump into dating. Those are things that make dating relationships extra hard, and that can even lead to unhealthy relationships.

But aside from that, sometimes the standards we put on ourselves are way too high. We think we need to jump through all of these hoops and become the absolute perfect version of ourselves before we ever decide to put ourselves out there, and this isn't right either!

Friend, you won't ever be perfect. (Isn't that frustrating? I totally know. But it's true!) We'll never be perfect. We'll always be growing, always in process. And when we connect our lives to another person, we're beautifully imperfect people connecting our lives to another beautifully imperfect person. That's how it's supposed to be.

So if you're waiting to date until you feel like you and everything in your life is perfect, it might be time to put yourself out there. Don't let

something that will never happen (you being perfect!) keep you from something wonderful that really could (you meeting someone great!).

## 9. Are you afraid to start dating? If so, why?

In life, there are a few different types of fear, and it's not always easy to tell the difference.

In some cases, our fear is there to warn us of danger. It says, "Stop! No! Don't do that! Don't touch that!" It keeps us safe, keeps us out of harm's way, and that fear is something we should pay attention to.

But, there's a different kind of fear as well: The fear that says we're about to do something big, and something good.

Having a baby, falling in love, starting a new job, taking a chance, pursuing a dream — these are some of the scariest things we can do, because they require something of us. These are situations where we're a little bit out of control (or a LOT out of control), where we can't predict the outcome, and where our hearts are on the line, which means there's a chance they'll get broken.

Fear shows up like crazy in these situations, I know it does for me.

When I graduated from college, I went on a mission trip called The World Race. It's an 11 month mission trip that goes to 11 different countries, and from the very first second I heard about it, I was instantly afraid. I had this sick pit in my stomach, these butterflies. I was totally afraid of going, but I also somehow knew I was supposed to.

This is how I've felt before everything important I've ever done in my life. Getting married, moving to a new city, writing a book, pursuing my dreams — every time I've been about to step into something new, I always feel just as sick with fear, but the fear is unique. Below that fear is this feeling, this knowledge that I'm supposed to do whatever I'm thinking about doing. It's this quiet whisper that says, "This is good. This is bigger than you, absolutely. This is terrifying, of course. But this is good. You should go for it. It's time."

And so friend, when you think about dating, I'm guessing you might feel a little bit of fear. If you do, know that you are not alone. Not even for one second.

But I do want to challenge you to examine that fear, because whatever your fear is telling you is going to be important.

If dating feels scary to you because of some bad experiences in the past, or because your heart is still broken, or because something hasn't healed quite yet, make sure to listen to that. You might also feel this unexplainable sick feeling in your stomach when you think about dating, and that might be telling you that it's just not time yet. If that's the case, that's totally okay.

If you're feeling this kind of fear, make sure you listen to yourself. Ask yourself what you might be needing, and then make sure to respond. Your future dating life will be so much better if you give yourself the time, the space, the healing, and the nurturing your heart is needing today.

But, you might also be feeling that second type of fear — the fear that's telling you, “This is big and this is scary, but this is good, and you should go for it.”

If you're feeling that kind of fear today, I challenge you to take the leap.

So many of us wait around for fear to subside. We think courage is the absence of fear, but nothing could be further from the truth.

John Wayne said, “Courage is being scared to death, but saddling up anyway.”

And when it comes to pursuing the best things in life — like putting ourselves out there, like falling in love, like connecting our life with someone else's — that's exactly what we have to do.

Don't let fear keep you from falling in love. Hold tight to God, gather up all of your fears, and as much courage as you can find, and go for it.

You can do this!

Oh, and just in case you need a little extra push, here are two of my other favorite quotes about fear:

“Being brave isn't the absence of fear. Being brave is having that fear but finding a way through it.” - Bear Grylls

“Do the thing you fear to do and keep on doing it... that is the quickest and surest way ever yet discovered to conquer fear.” - Dale Carnegie

10. Have you ever had a season where you didn't have a guy in your life? A season where you just got to focus on you and your own health, direction in life, and growth?

We all come at this question from a different place. If you haven't dated much, then you've had plenty of time to discover who you are, to figure out some of the things you want in life, and to really know that you don't need a relationship in order to survive.

But also, you may have dated a lot. In fact, as you think back on the last several years, you might discover that you've always either been dating someone, or interested in someone, or casually "talking" to someone. You haven't really had a season where you got to just be you!

This isn't a requirement, necessarily, but I do think it's a good idea for us to have seasons of life where we're on our own. These seasons are important for us to learn who we are, to foster a sense of independence, for us to learn that we don't need a relationship to complete us. And when we have this time, we're then able to approach relationships with so much more health and wisdom. We're also able to bring so much more to the table in a relationship because of the time we've had to become such wonderful, interesting, complete women!

So if you haven't ever had a season where you just got to focus on you, I'd encourage you to take that time. It's challenging, especially if you've

never done it before. But the growth you'll experience in that season will make all of your future relationships so much better.

## **GREAT JOB!**

Sweet friend, you did it! You finished the quiz! How did it go?

Take a few minutes to reflect in the space below. After answering all of these questions, and after reading through the answer key, do you feel like you're ready to date? Are there some things you want to take care of before you seek out a relationship? Or do you feel like for the most part you're ready to go?



Love, keep in mind that there's no perfect answer. This is something only you can decide, and if you make one decision and feel like it wasn't the best one, you can always change your mind and do something different.

Again, I just want to say that I love your heart in asking these questions. The fact that you're asking the question, "Am I ready to date?" means that you're approaching this with so much intentionality. That's such a good thing, and will help you so much in your journey as an individual, in your future relationships, and in your future marriage.

I can't wait to hear what you've decided, and I can't wait to see what happens next!

I'm cheering you on like crazy. You can do this!

All my love,  
Stephanie

## **NEXT STEPS:**

Whether you've decided, "Yes! I'm ready to date!" or "Nope, I need a little bit more time to work on myself and my life before I add another person into it," you may be wondering, "What do I do next?"

If you are ready to date, how do you go about finding a great guy? Are you supposed to put yourself out there? Are you supposed to wait on God? What does waiting on God actually look like? And what do you do when you do find a guy that you like? Do you flirt with him? (And if so, how in the world do you flirt without feeling totally weird and awkward?) Do you wait for him to make the first move?

It seems like the second we decide we're ready to date, our minds are flooded with 8,000 questions about what we should do next.

Or if you aren't ready to date, how do you get yourself to a place where you are ready?

If there are some parts of your heart that feel broken right now, where do you find that healing? How do you go about filling some of these holes that a relationship isn't supposed to fill? If you've discovered that you need a season where you're on your own and figuring out who you are and what you want out of life, how do you go about doing that? How do you get yourself to a place where you're confident enough, happy enough, and complete enough in yourself that you're ready to connect your life with another person's?

These are such good questions, and I have a resource where we talk through all of them!

It's an online course I teach twice a year called Make The Most Of Your Single Life. It's a 4-week course where you'll get to connect with a wonderful community of Godly single women who are seeking to become the very best versions of themselves and also set themselves up for a great future dating relationship and a wonderful future marriage.

Here's what a few past participants have said about the course:

"I feel like Stephanie gave me permission to finally live the life I've been dreaming about."

— Elise

"Stephanie!! THANK YOU! I wish I could hug you a million times over. You have no idea what this course did for me. Just about a year later, I am newly dating the most amazing guy ... but I don't for a second wish he had come into my life any sooner. Last year was the best year of my life as far as finding purpose and living fully and I credit so much of that to you. I mean it! Thank you."

-Melissa

"This is not just another 'help for singles' article, or self-help philosophy, or list of shallow, 'churchy' advice! This course will help you dig deep into yourself — to determine and define who you are and to get closer to the God who adores you. If you need fresh perspective, some direction,

and just need to feel loved and understood, SIGN UP! It's like a girls' day, a spa party for your spirit, and a Bible study all rolled into one. Girl, trust me, you **NEED** this!"

-Courtney

"This course gets into every detail about being single, dating, past relationships, sex, it doesn't leave anything out!"

— Alexandra

To find out more about it, go to [LoveYourSingleLife.com](http://LoveYourSingleLife.com). Again, I only teach this course twice a year, and when we open up registration, it fills up really quickly. So as you visit the webpage and learn more about it, make sure to get your name on the waiting list!

We'd love to have you join us!

