

# Self Care IS Health Care



## 30 Solo Date Ideas

5

- 1) *Be a tourist in your own city*
- 2) *Be a tourist in a neighboring city*
- 3) *Wine and dine yourself*
- 4) *Take a walk in the park*
- 5) *Sit by a local lake or body of water*
- 6) *Go visit a local museum*
- 7) *Give yourself a spa day*
- 8) *Go antiquing or thrifting*
- 9) *Take an art class*
- 10) *Visit a local coffee shop and curl up with a good book*
- 11) *Visit a pet store and commune with the pets for sale*
- 12) *Go on a scavenger hunt in your own town*
- 13) *Splurge on an evening solo in a local hotel*
- 14) *Tour a local vineyard or brewery*
- 15) *Stargaze*



# Self Care IS Health Care

## 30 Solo Date Ideas

S

- 16) See a free local concert
- 17) Picnic in the park
- 18) Go on a bike ride
- 19) Take a hike, literally
- 20) Go sing karaoke
- 21) Take a one day or longer random road trip
- 22) Go to a playground and let out your inner child
- 23) Take a class and learn something you are interested in
- 24) Sit somewhere and people watch
- 25) Cook your favorite meal and dine by candlelight
- 26) Go see a movie
- 27) Go to a local art show
- 28) Visit a botanical garden
- 29) See a local live theater show or stand up comedian
- 30) Have a day where you resolve to do "nothing"