

Self-Date:

Your date should last 2 hours at minimum and you must be alone the entire time (unless you meet people along the way). You may want to take notes, so you can respond to the questions below.

1. Explain your date. Please be specific: Where did you go? What did you do?
2. How did you feel before the date?
3. Mindfulness using the 5 senses: for each of the senses list 3-5 things you experienced on your date:
 - See
 - Touch
 - Hear
 - Taste
 - Smell
4. What were some thoughts, both positive and negative, that arose during your date?
5. How did you feel after your date?
6. Would you do this again, why, or why not?

**There is a connection
between self-nurturing and
self-respect.**

Julia Cameron