


COLLETTE GEE

**SINGLE
NO MORE**



**An Interactive eBook to Help You
Stop Being Single**

Single
No
More!

Workbook

4 Simple Steps to Help You Stop Being Single

A Quick & Easy Guide

Collette Gee



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FOLLOW YOUR HEART





CONGRATULATIONS! YOU'VE TAKEN THE FIRST STEP

Congratulations for taking the first step to not being single. When you have been single for so long or struggling to find a suitable partner it may feel like you will *never* meet anyone. Over the next several pages I am going to share 4 simple steps you can take to stop being single.

Some people might tell you that the secret to finding your soulmate is to accept being single or pretend like being in a relationship is not a big deal. And, while I partly agree that you should not freak out about being single I do not agree that you should pretend that being single is okay.

The fact is, we are not lone cells, therefore we are not meant to be alone. It is natural to want to meet someone and to be happy sharing your life with someone you love. If you're ready to stop being single and get the love you deserve keep reading.

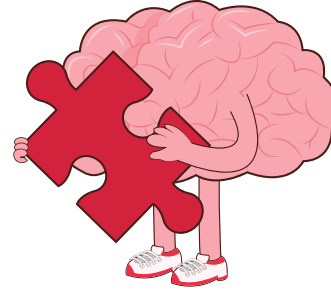
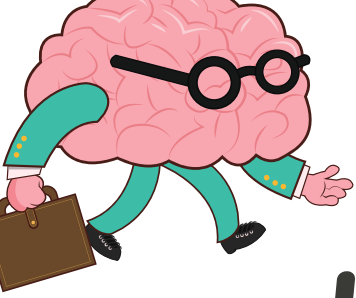


STEP 1

CHANGE YOUR LIMITING BELIEFS

Your limiting beliefs about your relationship status plays a vital role in whether or not you attract love into your life. You do not want to pretend to be happy being single if you are not. Also, you do not want to allow other people to make you feel bad about being single, or try to convince you that being single makes you less than people in relationships. Instead, simply shift your beliefs, and here's why:

You attract what you think you deserve, good or bad! So, if you have any negative misperception about why you are single you will generate experiences in kind. Instead, take a look at the cheatsheet below, then do the activity on the following page.



CHANGE YOUR LIMITING BELIEFS

1.

Set realistic &
attainable goal

2.

Learn to let
go of the past

3.

Count your joys
and your blessings

4.

Stop seeking
validation from
others

5.

Change your
circumstances from
the inside out

6.

Ask for what
you want and
go get it!

How to Change Your Beliefs

INSTRUCTIONS

If your belief is that you are not worthy or deserving of love because (fill in the blank _____), then it is time to change your story. You may have a valid reason to believe what you believe, however if your belief is not true like gravity, then it is not a true belief across the board. A belief that is not universally true can be challenged, and therefore changed. Since you are the creator of your life and because you get to choose the role that you play in your life it is time to create a new script, i.e., a new story to help you attract what you *truly* desire. Answer the questions below, then on the following page, write a new story that contradicts your old story.

1 What is the story you have been telling yourself or others in _____ regards to why you are single?

2 Is the story you have _____ been telling true like gravity?

3 Is your relationship story self-deprecating?

4 Is your story about your relationship status helpful or harmful?



STEP 2
FOCUS YOUR
ATTENTION ON
LOVE

You think about what you think about. Therefore, focus your attention on love and not being single.

Follow the instructions on the next page, then move on to step number 3.

LOVE
yourself

4 Ways to Attract True Love

Focus on loving yourself wholly and completely. If you're not happy and you don't love your SELF no one else will.

Get clear about what you want and need in a relationship, then imagine what your life will be like when you have it.

Date yourself! Do the for yourself the things you would want your partner to do.

Affirm what you want daily, believe it is possible and hold the space for your perfect partner.



STEP 3

RELEASE & LET GO

If you are holding onto any thoughts, beliefs or past experiences that are not in alignment with not being single, release them and let them go!

I know this might seem hard to do, however if you are unable or unwilling to release and let go of anything that is not serving your agenda to be in a loving relationship you will continue being single and living the same experience.

Below are a few tips and resources you can use to help you release and let go! Keep in mind, when you play the same past experience or non-serving story over and over again in your mind you not only create the experience you stay connected to the same event. Instead, use some of the tips and resources to help you release and let go and move onward in your love life.

Checklist to Help You Release & Let Go

- [Do The Forgiveness Process \(tap the link\)](#)
- [Release & Let Go and Get Over Fears Course \(tap the link\)](#)
- [Do The Positive Affirmations Workbook \(tap the link\)](#)
- [10 Ways to Let Go & Open Up to Love \(tap the link\)](#)
- Learn how to show compassion for yourself and others
- Release the story you are holding onto
- Stop talking to friends or family about the problem and start working on a solution
- Write in a journal
- Meditate, pray and/or do visualization exercises to change perception about past events
- Live your best life!



STEP 4

CREATE AN ATTAINABLE GOAL & ACTION PLAN

It is not enough to simply want to be in a loving romantic relationship, you must create an attainable goal and take actionable steps to create the life you want.

Relationships require your active participation. You don't just show up to the relationship and expect your perfect partner to do all the work, you have to participate in the unfoldment of your relationship.

That said, the next and final step to stop being single requires you to create a goal, outline an action plan and follow the steps. Keep in mind, it is not enough to simply do the exercise you have to follow through and stick with the plan in order to get the results you want.

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Month: _____

RELATIONSHIP GOAL

Start Date:

Deadline:

Goals

Why Do You
Want This?

Action Plan

How Will You Feel
After You Attain This?



Putting this all together, you can see that your beliefs create the life you are living. Therefore, if you are single, but do not want to be, change your beliefs, release and let go of your old story, focus your attention on love and create a goal to get what you want.

This way of thinking and doing would be no different than anything else you desired in life. If you called yourself a writer you would write; a musician you would play an instrument; an athlete you would train.

You are who you say you are. Therefore, if you want to be in a loving committed relationship, create an attainable goal, believe you will achieve it, then commit to doing the actionable steps to achieve what you want. If you do the work, and stay on course you will achieve the desired outcome. Achieving a relationship goal is not different than any other goal you desire. The only difference is the stories you tell yourself, and your willingness to follow these steps to change the script and start living your life from this space.

Thank you for downloading this FREE e-book, "Single No More." If you have questions, or need additional help or support about any of the exercises or things I shared feel free to email collette@findinghappily.com or visit findinghappily.com

Let's Talk



*"Life Can Be Challenging;
Dating & Relationships
Don't have to Be."*

**Happily Ever
After Is Not An**

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Month: _____

MY NOTES

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Month: _____

MY NOTES

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