

HOLIDAY SURVIVAL GUIDE FOR

Singles



**BY:
VIDELLIA DAVIS
AND
MEGAN PETERSON**

A Message from Lady V

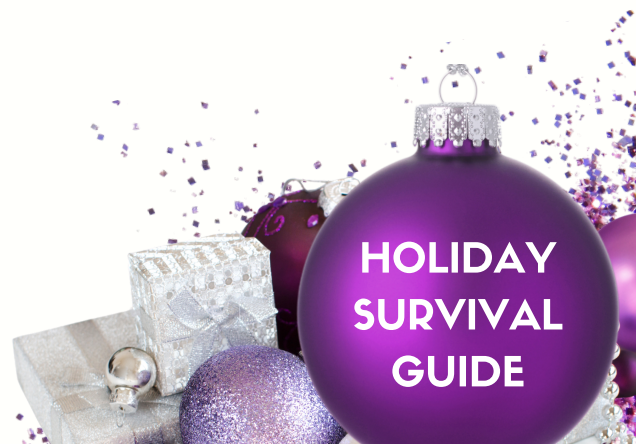
Dear Queen or King -

Thank you so much for downloading this FREE guide. The Holiday seasons can be especially tough on singles. We struggle with feelings of loneliness, emptiness, wondering when we will get to share our lives with someone and more! It can be a rabbit hole of thoughts but my hope is that I can give you some encouragement during this holiday season. I've partnered with Megan Peterson - an amazing blogger and founder of the brand @platinum_up to offer you survival tips for this holiday season. Check out our recent Instagram Live discussing this topic and be sure to share this with your friend and also be sure to follow Megan. She has an amazing brand and I constantly talk with her for encouragement and inspiration. Feel free to also head over to my website at www.onlyladv.com to explore more of our resources and services.

We currently have a FREE course about understanding love from a biblical perspective, a FREE self-love bingo card (to encourage you to love on your self and practice self-care) as well as coaching services and merchandise available for purchase.

Remember, our vision here at OnlyLadyV is to teach you how to navigate the space from singleness to relationships and everything in between while also building your confidence and self-worth along the way. I look forward to connecting with you in the future.

~Videllia



Tip #1: Remind yourself that this season is only temporary. We all have struggles but you will not feel this pain forever. So, while you are going through this season, try to make the most of it and learn to be happy now. ~ Videllia and Megan

Learn to embrace every season of your life - including the season you're in right now! And remember that every person and every couple has/ have struggles of their own. Even after you find your person and you enter the NEXT season, there will be other issues that pop up. There will always be SOMETHING, which means there will always be an opportunity to focus on the good or bad. Try to make a habit of always focusing on the GOOD, no matter what season you're in!

Remember, this season is only temporary. This pain, this emptiness and this loneliness that you feel will NOT last forever, I can assure you. The grass is greener where you water it so take time to nurture yourself during this season and watch how you thrive even in the midst of the loneliness!

Tip #2: Plan ahead for those moments where you know will be feeling down. ~Videllia

I'm an avid planner. I like to have things organized and have a plan for all my major goals. I feel like having a plan in place can make things easier. I feel the same way when it comes to how to survive the holidays. If you already know this is going to be a tough season for you, I think it'll be easier to navigate if you have a plan in place! So plan ahead for those moments where you know you will feel down. Whether that's to schedule some time with your friends for virtual outings, find someone you can call or text when you feel down, find a hobby or activity to do during that period, journal, have some self-care activities in place to do (like a massage, facial, get your nails done, shop, etc.). The key is to have a mechanism that will help you not allow your mind to focus so much on being without someone this season but to get it to focus on loving the one who is presently with you - and that person is YOU.

Tip #3: Cherish your time with your family and friends. ~Megan

The holidays you get to spend with family and friends during your single years truly is precious time you won't get back! Once you find the one God has created for you, you'll often end up splitting or alternating holidays, so embrace the 1:1 time you're able to spend with the ones closest to you during this very special season of your life.

And remember, there are plenty of people out there who would LOVE to be in your shoes, and want what YOU have, sis!



Tip #4: Practice gratitude and give back. ~Videllia and Megan

I'm a big proponent of giving back to the community and the holiday season is the perfect time for doing this. So why do I think this is beneficial? I find that when you practice gratitude and give back, it helps to remind you to be thankful of the things that you DO have. The holiday season tends to make us feel more alone and cause us to think about the things that we do not have but giving back and expressing gratitude actually highlights what you do have. You're reminded that even still in the midst of your singleness and loneliness, it could be worse. You could be without a home, food, your health etc. but you aren't. Now that's not to negate your feelings or tell you your feelings are invalid. It is perfectly valid to feel sad during this season, however, we want to help you shift your focus and not only think about the negative things but to think about the positive ones as well.

When you GIVE, your joy will grow exponentially! Fill the cups of others, and may your own cup runneth over.

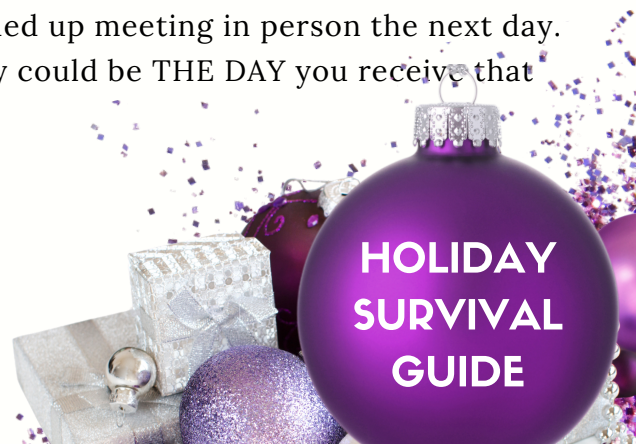
Tip #5: Date yourself. ~Videllia

This has been one of my favorite things to do in my singleness. Date myself! So I'm telling you to do the same. Yeah this season can be tough but you can still enjoy it! So enjoy it! Treat yourself to some fun holiday activities. Go visit a tree lighting ceremony in your area. Treat yourself to an expensive gift you've been wanting. I mean if you're single that means you can spend your money on YOU so hey look at the bright side haha. And then of course, you can exercise those self-care activities that I mentioned previously as well.

Tip #6: Nothing wrong with swiping on the holidays. ~ Megan

As I mentioned before, I strongly encourage you to fully embrace the time you get to spend with your family and friends - but there's also NOTHING WRONG with a little swiping on the holidays! Online dating is currently up 700%, which means the pool is bigger than ever before... and I guarantee MANY of those people are going to be online at some point on any given holiday. :)

A quick personal story: My husband, Mark, and I started chatting a few days before Thanksgiving a few years ago - and one of my earliest memories was sending him videos of my family's dogs learning new tricks on Thanksgiving (HA!). And we actually ended up meeting in person the next day. You never know when it will happen, friends...This next holiday could be THE DAY you receive that one message that will change it all.



Tip #7: Limit your Christmas chick flicks and social media usage. Protect your peace. ~Videllia

This should be a given but let me help you out. If watching cheesy love stories unfold in front of a Christmas tree is going to trigger you and make you sad, then don't watch it! Don't intentionally set yourself up to be sad for the holidays. Instead, find something else to do with your time. Read a book, watch an action movie, work out (we talk about that in a later tip), etc. Similarly, on that same note, limit your social media usage if that will trigger you as well. We all know that people tend to get engaged around the holidays and love to post their gifts from their significant others so like I said earlier - PLAN AHEAD.

Turn off those social media notifications and spend your day doing things you love to do instead.

Tip #8: Don't text your ex. ~Megan

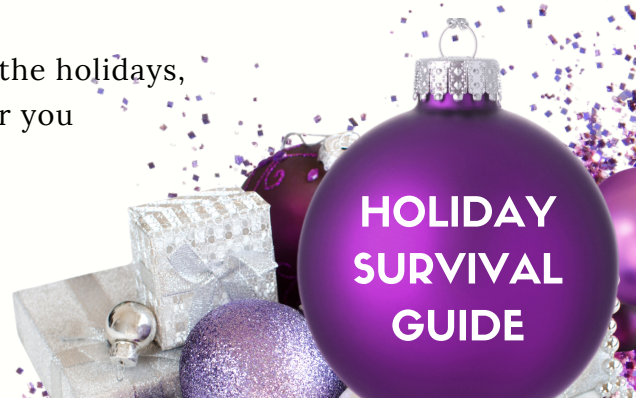
If you're in the process of trying to get over an ex or someone you were in a situationship with, chances are you might be hoping for a text or DM from him/her this time of year. Try to let go of those thoughts, and consider blocking that person on both social media and via text if you haven't done so already. Because so many of us end up feeling extra emotional during the holidays during our single years, it's important to take extra precautions to ensure you keep taking steps FORWARD, not BACKWARD.

In addition, I highly recommend exercising your self control and NOT SENDING the text. Trust me when I say you will likely end up feeling worse, when either your ex doesn't answer, or doesn't respond in the manner you had hoped. Try to redirect that energy to the PRESENT (or the presents :)) -- anything that isn't your ex.

Tip #9: Eat healthy and exercise. ~Videllia and Megan

Listen, just because we may be alone during the holidays, doesn't mean we should just let ourselves go. We still gotta stay snatched - you never know - we may meet a Mr. Right during the holiday season lol. Okay yall know how Lady V is so let me get back on track. In all seriousness, eating well and exercising is known to boost your energy and helps to encourage healthy thinking. It gives you a way to release your stress and sadness while overall being beneficial for your body. Plus, eating poorly during the season while you already feel down only makes you feel worse.

There's nothing wrong with having a few extra goodies during the holidays, but do your best to avoid stress eating and drinking. The better you treat your mind and body, the better you'll feel!



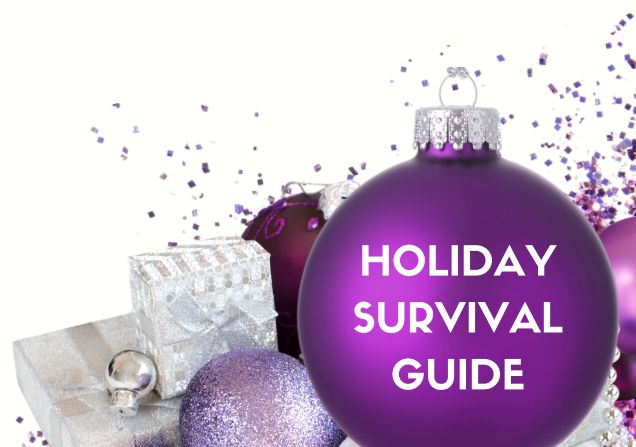
Tip #10: Stay encouraged with Videllia and Megan!

Be sure to scroll through both @OnlyLadyV and @Platinum_Up's Instagram pages for past posts to stay motivated, joyful, and moving forward! All of the content we create is designed specifically FOR YOU, so if you're needing some extra encouragement, be sure to take full advantage of the resources we've provided!

Additionally, we both do Q&A sessions via our Instagram stories every Tuesday so if you need some specific encouragement or have specific questions hop on over and chat with us.

You can also subscribe to our websites and Videllia's YouTube page for even more inspiring videos. You can find her on YouTube at the same handle - @OnlyLadyV.

We have so many encouraging posts and avenues for you to stay encouraged this season. We wish you all a very happy and joyful holiday season and pray these tips offer you comfort and encouragement!



MEET THE AUTHORS

ABOUT VIDELLIA



Videllia Davis is a self-proclaimed Love Coach and women's empowerment speaker who teaches people healing through her painful experiences and help them to always recognize their royalty and never settle for anything less than God's best! Her goal is to teach you how to navigate the space from singleness to relationships with all the fun and crazy in between. She is on a mission help to empower people to know their worth and to use that self-worth to confidently make better relationship decisions for their lives. Videllia has gone through everything in relationships, from dating men who were low-down to dating men who were on the down-low, however she has been able to overcome and share her learning with the world! She is a 33-year old single Christian woman from Texas who by day works as a Certified Public Accountant but whose real passion is helping others. She loves reading, writing, traveling, dance, fashion and spending time with family/friends. You can follow her on all social media pages @OnlyLadyV.

ABOUT MEGAN

Megan Peterson is the founder of the Dating/Online Dating and Love Advice Page @platinum_up, created to encourage women to never settle, always know their worth, and never give up hope in the pursuit of true love! Megan's inspiration for creating the page stemmed from her journey to find love, which was far from easy. Over the course of 2.5 years, Megan went on 40+ first dates while part of the online dating scene before finally meeting her husband on Match at the age of 31! Her hope is to pass along the lessons she learned to help save other women the trouble of everything she went through - and to encourage them to NEVER give up. She is a 34-year-old Christian woman who lives in Minnesota with her husband (Mark), and enjoys reading, hip hop dance, spending time at the cabin, interior design, and everything that glitters.

