



10 Ways to Celebrate Yourself on Valentine's Day if You're Single

MUSIC INTRO

EPIISODE TEASER

INTRO

Hey friend! Welcome to the *Diet Haters Podcast*, where I'm helping YOU learn how to stop dieting, lose weight, find lasting results, and learn your true identity in Christ. I'm so glad you're here!

Thank you for joining me for another episode. I really appreciate that you're investing your time into listening, and I pray that as you listen, you're learning.

Well.. we've officially hit February and you know what that means? It's the month of loooovvvee.. It's the most romantic month of the year, so they say. Or at least it has the most romantic day of the year, right - Valentine's Day.

But.. and it's a big but.. Valentine's Day can be hard for all my single ladies out there. Now I'm singing Beyonce in my head. You know, so are you!

Valentine's Day can be a lonely day for single gals, especially those of us who are longing for a relationship, desiring for marriage.

Maybe it's a day you've found yourself in the past, eating your way into comfort so you don't have to think about being lonely, or drinking more than a few glasses of wine, feeling sorry for yourself because you don't have anyone to celebrate with.

Just because it's the most romantic day of the year, doesn't mean it can only be celebrated by couples, am I right?

Today on *The Diet Haters Podcast*, we're going to talk about how to treat yourself on Valentine's Day if you're single. I've got some fun ideas for us.

ANCIENT NUTRITION PROMO

Before we dive into today's episode, I wanna share one of my favorite things with you. Something I love and use almost everyday - Bone Broth Protein Powder from Ancient Nutrition & Dr. Josh Axe.

Now.. before you say, "Gross, Sundi Jo. I understand the protein powder part, but bone broth?" hear me out.

Bone broth has so many healthy benefits, I can't even name them all here, but it's full of collagen, which provides you support for your gut, nails, skin, and joints. And girl, you know you want some good looking nails and skin, right? Add protein to that, and you're setting yourself up for weight loss success.

So, two of my favorite flavors are Salted Caramel and Chocolate. Let me tell you about the Salted Caramel. It's as delicious as it sounds, and it's the perfect way to indulge your sweet tooth without getting the sugar shock. I even put it in my pancakes. My mouth is watering just talking about it.

The bone broth is sourced from grass-fed and pasture-raised cows from Europe, and it's non-GMO. It's sweetened with Stevia and monk fruit, which are plant-based sweeteners and low in calories. Again, you're not getting that unwanted sugar, but still getting the sweetness. And it's full of MCTs, sourced from coconut, which is high-qualified fat that your body can easily absorb to use as clean energy.

I drink one almost everyday, mixed with coconut milk or almond milk, some blueberries, spinach, and almond butter. Sometimes after a workout, and sometimes just for breakfast. You're going to love it!

If you want to learn more about my favorite bone broth protein powder, you can find it under my favorite things on my website at sundijo.com/favorites.

Ancient Nutrition & Dr. Josh Axe provides whole food nutritional products designed to provide Ancient Nutrients in a modern, convenient form to power the body and mind, restoring us to the health, strength and vitality of our ancestors.

Yes, please. I'll take two scoops. Again, you can get your bone broth protein powder today at sundijo.com/favorties. I'm telling you, go with the Salted Caramel. It will change your life.

INTRO CONTINUED...

Alright, depending on when you're listening to this episode, Valentine's Day is only a couple weeks away, or it may be a few days away. Regardless, we're going to plan how we're going to celebrate ahead of time, okay? Notice I said plan.

We're not waiting until February 14 to decide what we're going to do. We're going to create a protocol together and come up with some ideas on how to celebrate ourselves as single ladies on Valentine's Day without blowing our weight loss progress right into the crapper. And we are gonna have some fun!

SHARE REMINDER

Before we get started, though, I'd love to ask you for a favor. Would you share this episode with someone else who needs some inspiration and some real-life action steps to take their lives to the next level? Have a single girlfriend who needs some inspiration for celebrating herself on Valentine's Day?

When you share, you help me get the word out to as many people as possible, that they, too, can lose weight, get healthy, and find the true freedom in Christ they've been searching for.

And in advance... thank you so, so much.

Now.. let's dig into today's episode on how to treat yourself on Valentine's Day if you're single.

DISCUSSION

1) TAKE YOURSELF TO A MOVIE

I don't know about you, but I'm a pretty good date. I'm cheap. I make good conversation. I like the simple things, like sitting in a dark movie theater with some overpriced popcorn watching something that makes me laugh, or occasionally makes me cry.

I'm out on movies with animals though. My soul just can't do it. I don't care if it's a comedy. I just can't watch movies with animals. I've got issues, I know.

So, hopefully when you're listening to this, the *Redeeming Love* movie is still out. Take yourself on a date on Valentine's Day to see this movie.

You should do it for several reasons.

1. You're worth celebrating
2. It's just a beautiful reminder of God's love and mercy for us.
3. And it's a reminder that though we may still be single, God has that guy out there for us - a man who will love us, treat us with honor, and always lead us back to the Lord.

So, go watch it. And if you haven't read [the book yet](#), you gotta do that, too. You know how movies are based on books - they can't fit all the information on the big screen. If you haven't read it yet, that book will change your life.

I'll link to it in the show notes.

2) GET A MASSAGE AND/OR PEDICURE

That's right. Go pamper yourself. You deserve some extra love. Get that massage you've been talking about forever, but refuse to get because you think it's dumb to spend money on yourself.

Go get that pedicure you've been thinking about. Make your feet look good for you, not anyone else. I need to preach that one to myself.

And if you have it in the budget, do both. A massage and pedicure beat out a dozen roses in my book any day, and I'll still be saying that even when I'm married.

3) BUY YOURSELF THOSE FLOWERS

Don't wait for someone else to get you flowers. Go get them yourself. You love roses? Get them delivered to your door and sit them on your coffee table where you can see them everyday as a reminder that you are loved.

As a reminder that you are valued right where you are. If you didn't catch the last episode of the podcast, I talked about [how to understand your value on your weightloss journey](#). If you haven't listened yet, I highly encourage you to go back and do so, especially if you're struggling with the thought that you're not valuable enough to have roses delivered to your front door. Or if you think it's just a waste of time.

I'll share the link to that episode in the show notes.

4) WRITE YOUR FUTURE HUSBAND A LETTER

Okay - this is a big one and perhaps may be the most uncomfortable for some of us. But if you've never done this before, it is so so powerful.

Get some paper and a pen out, yes, I'm still old school, or get your computer out and get your keyboard ready, whichever you prefer.

And start writing your future husband a letter. Tell him what you love about him. Tell him specifically how you've been praying for him. If you want kids, how do you imagine the two of you raising them together? What kind of adventures will you go on? What insecurities do you struggle with that you are willing to trust him with? That one is deep I know.

This is one of my favorite things to do. I actually have a little notebook full of letters to my future husband. I plan on giving them to him before our wedding as a reminder that I've been praying for him for years.

This is actually an area of my life God has done some major work, because if you knew me before, you knew I didn't care a whole lot for men due to past hurts and I had no desire to get married. But the Lord can restore our hearts and He did just that with mine.

I don't just write letters to my future husband, I consistently pray for him. I'm actually reading through this book right now called [40 Scripture Based Prayers to Pray Over Your Husband](#).

I know I digress a little, but if you've never taken the time to start praying for your future husband, now is the time. Anyway.. Spend this Valentine's Day writing a letter to your future husband.

If you struggle on this day with feeling sorry for yourself because you're still single, why not be proactive about it? Get that pen and paper or keyboard out and start writing. You'll be surprised how inspiring this exercise can be.

Oh.. and did I mention that I'm currently accepting applications for a husband?

5) HOST A DINNER PARTY FOR ALL YOUR FRIENDS

Whether your friends are single or you've got a couple friends who might be looking to do something different than enjoy a romantic holiday all on their own, invite them to a party at your place.

Serve a nice meal or Hors d'oeuvres. Come up with some fun games. Play music. Talk about your future goals and thank both your single and married friends for being in your life.

Make a toast to your futures. Laugh. Live.

If you're like me and live in a small house where there is no room to host a party, host it at someone else's house. You might be surprised how many others are excited to join in .

PROMO - STEP AWAY FROM THAT DIET

Tired of dieting only to regain the weight you lost, plus more?

What if you could actually lose weight for good without crazy rules and actually starving yourself?

How would it feel to lose 10, 20, 50, even 100 lbs.?

My friend, it's possible and I want to teach you how with 5 simple steps, that will not only help you get on the path to weight loss, but gaining that confidence you've been searching for, in my free ebook, *Step Away from That Diet*.

At the age of 25 I weighed 330 lbs! Yep.. you heard that right. I had no energy. I had no motivation for life.

Walking up and down the steps felt like I had just run a marathon. I had to buy my jeans online because I couldn't find a store that carried size 30. To say that walking into a store was humiliating is an understatement.

Mountain Dew and pizza were two of my closest friends, so I convinced myself. The reality? I was using them to destroy myself.

I wasn't living life. I was just surviving.

But one day I finally came to the end of myself and realized I couldn't keep killing myself like this.

That's when I turned my life around and lost 145 lbs. Now I'm passionate about helping other women to stop dieting, lose weight, and learn who they are in Christ!

If you're ready to get started on your journey, download [Step Away from That Diet](https://sundijo.com/stepaway) today at sundijo.com/stepaway.

If you're looking for lasting results, then you're definitely in the right place. I'm going to provide you 5 simple steps to getting on track to finding true freedom in your health journey.

You deserve better than what you're believing about yourself, my friend, and I'm ready to help you take the next right steps to get where you need to be!

Step Away from that Diet will help you overcome the diet mentality, learn how to remove the barriers getting in the way of your freedom, find encouragement on your journey, and more!

And don't miss the special prayer I've written at the end personalized just for you, my friend.

Download it for free today at sundijo.com/stepaway.

And now.. Let's get back to today's episode.

DISCUSSION CONTINUED

6) PAMPER YOURSELF AT HOME

You don't have to go out to get pampered. Fire up that bath tub, soak with some candles and music and a good book.

Get you a face mask and paint your nails. If you do the face mask though, I'm gonna need you to send me a picture on Instagram, cause you know you're gonna be lookin' good!

Curl up with a blanket, some popcorn, and a good movie. But don't watch something that's gonna make you dread being single and start having a pity party all over again. We're trying to avoid that, remember?

And turn up your favorite music and have a dance party for one. Sing as loud as you want. It ain't none of anybody's else's business how much dancing and singing you do.

7) DO SOMETHING NICE FOR SOMEONE ELSE

It's really hard to feel sorry for yourself when you're doing something else to serve others.

Buy someone else a meal. Buy them a book or a small gift. Or..

Think of someone you look up to and send them a bouquet of flowers to thank them for being in your life and for being someone you can look up to.

8) STAY OFF SOCIAL MEDIA

Seriously.. If you're tempted on Valentine's Day to start scrolling through your ex-boyfriends' Facebook page to see how great his life is, don't even put yourself in that situation.

If seeing others' romantic posts is going to upset you, then avoid that temptation. We all need a good social media fast from time to time anyway. '

9) BABYSIT FOR FRIENDS

Have some married friends who want to go out and celebrate the special day? Honor their marriage and desire to celebrate one another by offering to babysit.

Plan a fun evening with the kid or kiddos and make it a party for you and them. It's a win/win for everyone.

They get some time alone. The kids get some extra love from you. Your heart gets full from serving, laughing, and loving well.

10) EAT THE DANGED CHOCOLATE COVERED STRAWBERRY

I saved this one for last, because I think it's important.

What I'm not saying is go out and buy a dozen chocolate covered strawberries, sit on the couch, feel sorry for yourself because you're single again on Valentine's Day and shove the whole box in your mouth because you "deserve them".

We all know that's not going to work and it's only going to leave you feeling full of shame afterwards.

But plan ahead. Tell yourself, *I'm going to allow myself to have a chocolate covered Strawberry on Valentine's Day because I'm worth celebrating. Maybe even two.*

And guess what? By planning ahead of time, you're already giving yourself permission to do so. You're not overindulging. You're not doing it because you're emotionally eating. You're doing it because you're allowed to eat the chocolate. You're not breaking any rules. You're not screwing up because those aren't in your points.

You're making a plan and by doing so, you're going to enjoy those strawberries even more.

RECAP

Okay, so you've got plenty of time to plan your Valentine's Day events. No surprises. No shame. No beating yourself up. No sitting in a pity party.

Let's do a quick recap of the 10 ways to celebrate yourself on Valentine's Day if you're single.

1. Take yourself to a movie
2. Get a massage/pedicure or both
3. Buy yourself the flowers
4. Write your future husband a letter

5. Host a dinner party for all your friends
6. Pamper yourself at home
7. Do something nice for someone else
8. Stay off social media
9. Babysit for friends
10. Eat the chocolate covered strawberry or dessert

You only have to feel alone and down in the dumps on Valentine's Day if you choose to be. You only have to eat through your emotions because you hate being single, if you choose to do so.

Remember, that you're in control of your choices, my friend. It can be a great day or a sucky day - it's up to you.

DIET HATERS FACEBOOK GROUP

Need some extra encouragement? I'd love for you to join me over in our Diet Haters Facebook group, where I'm providing inspiration, yummy recipes, work out tips, Scripture, and other shenanigans. We weren't meant to do life alone, my friend, so come on over and join us. Just search Diet Haters on Facebook, visit [facebook.com/groups/diethaters](https://www.facebook.com/groups/diethaters), and I'll also share the link in the show notes.

CLOSING

I pray this episode was helpful for you today, and I can't wait to hear about the fun things you've come up with. Feel free to share with me. You can find me on Instagram, Facebook, all the places.

I'm rooting for you and cheering you on!

If I can lose 145 lbs., you can lose weight, too. Doesn't matter if it's 10, 20, 50, or a 100 lbs. or more. **If I can do it, so can you!**

CLOSING

Alright, friend, that's it for me today. I'll see you in the next episode of the *Diet Haters Podcast*.

And remember this... You. Are. Valuable.

LINKS

[Sundi Jo's Favorites](#)

[Bone Broth Protein - Salted Caramel](#)

[Bone Broth Protein - Chocolate](#)

[*Redeeming Love* book](#)

[Ep. 5: How to Understand Your Value on Your Weightloss Journey](#)

[*40 Scripture Based Prayers to Pray Over Your Husband.*](#)

[*Step Away from That Diet* ebook](#)

[Diet Haters Facebook Group](#)

[Sundi Jo on Instagram](#)