

# Single On Purpose

by John Kim

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A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

- <sup>01</sup> **Take Yourself on a Real Date**

Plan one solo date with the same care you would give someone you wanted to impress: time, place, outfit, phone boundaries, and a reason you chose it.

MON TUE WED THU FRI SAT SUN

- <sup>02</sup> **Write Your Non-Negotiables in Behavior**

List five standards as visible behaviors, not vague traits. Replace 'kind' with what kindness must look like when plans change, conflict appears, or desire spikes.

MON TUE WED THU FRI SAT SUN

- <sup>03</sup> **Build a Weekly Singlehood Ritual**

Choose one recurring practice that proves your life is happening now: Sunday dinner, a long walk, a money date, a class, or a creative block.

MON TUE WED THU FRI SAT SUN

- <sup>04</sup> **Audit Your Rescue Fantasies**

Write the sentence 'I will finally feel okay when...' ten times. Circle every answer you can begin giving yourself without waiting for a relationship.

MON TUE WED THU FRI SAT SUN

- <sup>05</sup> **Strengthen One Non-Romantic Bond**

Text a friend, sibling, mentor, or neighbor with a specific invitation. Let your need for connection have more than one doorway.

MON TUE WED THU FRI SAT SUN

- <sup>06</sup> **Close One Open Loop**

Pick one neglected life admin task that quietly drains your confidence. Finish it this week so your environment starts backing your self-respect.