

CELEBRATING A BIRTHDAY WHEN YOU'RE ALONE

Note: Just click on any of the photos to see a full selection of suggestions

Society has programmed us to believe that we always need people around us when we celebrate personal milestones such as birthdays. And yes, that's probably the optimal scenario but life has a way of throwing us curve balls that put a spanner in the works. That makes it all the more important to use these occasions as positive reinforcement and to actually celebrate them, especially when we're alone – whether that be alone romantically or physically far away from family and friends.

To assist you in this goal, we've tapped our sources to compile some useful guidelines for planning and celebrating your milestone. Perhaps the most important part of the process is the planning and, when you only have yourself to consider, it is usually a whole lot easier.

1. The first decision is to determine how much time you want to allocate to the celebration: a couple hours, a day, a weekend, a week? It may be necessary to apply for leave from work.
2. Probably the most important thing to remember when planning to spend your birthday away from friends and family is that whatever you choose to do, you're doing it for yourself.
3. And finally, always give yourself a gift on your birthday. It doesn't matter what it is but it should preferably be something just a little decadent or at least a little frivolous. Of course, whatever you choose to do with the time could also be the gift. Alternatively, you could work a shopping expedition into a trip specifically to find yourself a gift.

All that remains is to choose something that fits with the time you have available and to that end, we have compiled a list of suggestions for your consideration:

- Be your own date. What is your dream date? A cosy evening spent on the couch watching old movies and eating take-away? A leisurely afternoon spent at the museum? Shopping all day? Dinner at the best place in town?
- Plan to visit an old friend or family member that you haven't seen for a while due to the distance between you.
- If you enjoy gambling, budget to spend a couple of hours or a day at a nearby casino. If your budget extends that far, you could choose one a fair distance from home and spend a few nights there.
- Take a day trip or plan a weekend away to somewhere you've always wanted to go but never found the time (game reserve, horse farm, mountains, seaside, etc.).

The screenshot shows the Agoda website interface. At the top, the Agoda logo is visible with its colorful dots. Below the logo, a banner reads "OVER 34'000 HOLIDAY ACCOMMODATIONS IN SOUTH AFRICA" and "Flight Booking Service Also Available". The main search form includes fields for "Where would you like to go?", "Check-in Date" (set to 3 May 2019), "Check-out Date" (set to 4 May 2019), "Travelers" (set to 1 Room, 1 Adult, 0 Children), and a "Search" button. The background of the page features a photograph of people swimming in the ocean.



- Plan a day (or weekend) at a health spa (Note: You don't have to be a woman to enjoy being pampered for a few hours).
- Of course, being alone doesn't always mean without family and friends. It could just be that you're in between romantic partners. In which case, and if the budget allows, you could throw a party for all your friends & family.



Finally, having a birthday alone – whatever the reason or the circumstances – is an ideal opportunity to celebrate your freedom as an individual. It should be about you doing exactly what you want to do. Because the day is completely yours, you don't have to worry about accommodating anyone else's tastes or preferences.



If you found these suggestions useful, please let us know. Even better, pass this write-up to your friends and remind them that there's a lot of other good benefits to be had from registering on the [Love Your Life](#) web site.

Enjoy your special day!

Kindest regards,

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