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# 5 Things You Should Be Able To Do On Your Own

By [lindsey](#) on 18 Nov 2013

In a society where we are typically bound to our mobile devices, head down and immersed in a tablet or clawing for the nearest free Wi-Fi in order to check OK Cupid messages, now more than ever is the time to cut all cords (figuratively and literally) and do things alone. Really alone, without the comfort of a significant other, digital distraction or a Catfish inspired love. Here are the top 5 things one should be able to do entirely on the solo:

1.) Laundry: It's easy to want to call your best friend or the person down the hall to join in and ease the mundane of washing and drying

clothes, but this can be a quite cathartic act if you go it alone. Sometimes something like reading a classic novel while passing the monotony of watching your threads tumble dry creates a necessary dose of 'you' time.

2.) Going to a Museum: Walking through an exhibit while your phone is turned off, or better yet left at home and by yourself can serve as the perfect remedy for decompressing and getting in touch with your inner artist, whether you're a creative type or not.

3.) Yoga: You see people in herds toting their yoga mats, boarding trains or in line for brunch and yammering about how great their chaturangas felt in class, but really yoga class can be the most refreshing when you indulge in the physical release on your own. After all, the whole objective of the practice is to get in touch with you!

4.) Going to a Movie: This one is probably one of the more unfavorable on the list of solitary acts, but you'd be pleasantly surprised in how fulfilling it is to watch the movie you're dying to see without the pressure of putting together an entourage for your mini cinematic event.

5.) Dine out: So if the last one didn't give you anxiety this one probably does, but rest assure having the confidence enough to enjoy the savors of a well-earned meal while all alone can be more invigorating for your self-esteem than ever imagined.

While I'm not suggesting anyone  
hole themselves up in an apartment  
hoarding cats and doing Sudoku all  
day, it is beneficial we find alone  
time (no phones allowed) and go on  
"dates" with ourselves to get in  
touch with the most important  
person in your life....you!



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