

# 100 Secrets Of Successful Single Motherhood

An Inspirational Guide for Single Moms



*Success Tips for Your:  
Self-Care • Relationships  
Emotions • Career  
Finances • Mothering*

Samantha Gregory

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*To my children, Lexi and AJ*  
*You are my inspiration and my joy*

## Introduction

Being a single mother can be a stressful experience. Everyday you are juggling the roles of mother, father, employee, cook, mechanic, referee, and countless other functions in your personal life drama. The entire situation can be overwhelming at times and the guilt (from within or without) you may be feeling does not help matters. There *is* a better way to live life as a single mother. You can be successful and have a positive experience throughout your journey.

You may be a single mother because of divorce, death, or desertion. You are a one-woman show, but the circumstances surrounding your single motherhood is not as important as how you learn how to effectively deal with the experience. At times, your self-worth may plummet, your life may seem like one endless struggle after another, and the loneliness can be unbearable. Just remember that your parental status does not determine who you are, but knowing yourself is most important. Your determination and hope is the main ingredient in determining your success. Whatever you resolve to do in your life, do it well and remember that making the best of the circumstances, with a little bit of creativity, is success.

Success requires the completion of goals, goals you set for yourself. Your own measuring stick measures these goals. No one else can determine when or how you reach our goals. Staying on track and reaching your goal is the measure of your success. The barriers of your past cannot keep you from being successful if you are determined to create a fulfilling life. The illusions of other people cannot keep you from knowing the truth about you. Learning these lessons can be hard so this booklet designed to guide you, through quick tips, along the path of personal excellence.

This booklet is divided in according to the hot spots in the life of a single mother. You may want to read the entire booklet at once or concentrate on one section at a time. Whatever the case, enjoy your journey as you learn to the secrets successful single motherhood.

You may wonder what I know about all of this. The answer is that I am a single, never married mom. I lived the struggle, but I learned wonderful ways to cope with every obstacle that came my way.

My journey was not easy, but it was necessary to make me into the person I am today. It was also necessary, so I could share what I lived and learned with you. I hope this booklet is helpful and a blessing.

You are not alone. You are a blessing to your children, you deserve the happiness that is possible by reading little books like this, and embracing the tips found in this booklet.

Enjoy!

**Success: To laugh often and much, to win the respect of intelligent people and the affection of children, to earn the appreciation of honest critics and endure the betrayal of false friends, to appreciate beauty, to find the best in others, to leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded! ~Ralph Waldo Emerson**

## Self-care

1. Prioritize your life to prevent being overwhelmed.
2. Determine the five important areas in your life (ex. self, children, career, social life, church, volunteering, etc.).
3. Order your priorities from the most to least important then, within each; decide what activities you normally engage in then prioritize those.
4. If it is not a priority, say 'no'. Decide later if it is worth adding to your list of priorities.
5. Step back when overwhelmed.
6. Walk (or run) away for a little while to prevent mental and emotional overload.
7. Take a day off to regroup your life and mind.
8. Take a half-day off if a whole day is impossible. Those few hours will do wonders for your soul. Use the time to pamper yourself.
9. Remember that when the mommy feels good everyone else feels good too!
10. Have dreams and set attainable goals. Knowing the direction you are going in will keep you on track.
11. Maintain positive friendships. Do not forget the old ones and never be afraid to make new ones.
12. Realize the freedom you have as a single mom. You can make independent decisions.
13. Learn from your mistakes to avoid repeating them in the future. You will save yourself much aggravation.
14. Forgive yourself and move on. Forgiving yourself releases guilt and allows you to move on with life in a positive way.
15. Follow your unique path.
16. Make time for things you enjoy. All work and no play make life much too stressful.
17. Pamper yourself often. Lavish yourself with wonderful smelling fragrances. Take a bubble bath. Get a massage or get your nails done. You can do many inexpensive things for you each week.
18. Do not be too hard on yourself. Being human means that you will not be perfect so accept the reality and move ahead.
19. Find out your personality style. Discovering your personality style is a first step to discovering who you are.

## Spiritual Success

20. Spend time in nature to revive yourself.
21. Write thoughts, joys, and frustrations in a journal.
22. Attend a community event to support and give back.
23. Instill spiritual principles into your kids.
24. Help a family or elderly person in need.
25. Read a book of poems or meditation.
26. Seek the help of a counselor or life coach.
27. Listen to music that gets you moving or helps you relax.

## Successful Single Motherhood Resources

### Internet Resources

[www.SingleMotherResources.com](http://www.SingleMotherResources.com) - Offers information about finances and scholarships.

[www.Co-Abode.com](http://www.Co-Abode.com) - Connects single mothers who want or need to share housing.

[www.MakingLemonade.com](http://www.MakingLemonade.com) - A site for all single parents.

[www.Singlemothers.Org](http://www.Singlemothers.Org) -The Official site of the National Organization of Single Mothers, Inc.

[www.Singlerose.com](http://www.Singlerose.com) - An informative site for single mothers. You have to join but the membership is free.

[www.Singlemoms.Org](http://www.Singlemoms.Org)

[www.Singlemom.com](http://www.Singlemom.com) - This is another site for single moms. It has a lot of information on the pages so be prepared to stay awhile.

[www.ParentsWithoutPartners.com](http://www.ParentsWithoutPartners.com) - This is a national organization with many local chapters. It is open to all single parents.

[www.Singleparents.About.Com](http://www.Singleparents.About.Com) - An About.com channel. It has many articles for and about single moms and single parenting.

[www.TheSingleMom.com](http://www.TheSingleMom.com) - Offers articles, a forum, and a store.

[www.SingleParentsNetwork.com](http://www.SingleParentsNetwork.com) - Another website for single parents.

[www.SingleParentCentral.com](http://www.SingleParentCentral.com) - a resource site for single parents.

[www.RichSingleMomma.com](http://www.RichSingleMomma.com) – Wealth building resource for single moms.

## **Government Resources:**

[www.hud.gov/renting/index.cfm](http://www.hud.gov/renting/index.cfm) - Department of Housing and Urban Development guide to finding a house or apartment.

<http://www.govbenefits.gov/> - Very Low to Moderate Income Rural Housing Loans

[www.govbenefits.gov](http://www.govbenefits.gov) Helps you determine for what benefits you are eligible.

<http://www.acf.dhhs.gov/programs/cse/> - Federal office of child support enforcement.

<http://www.fafsa.ed.gov/index.htm> - Apply for financial aid for school.

<http://www.fns.usda.gov/fsp/> - Information about food stamps.

<http://nccic.org/> - National childcare information center

<http://www2.acf.dhhs.gov/programs/hsb/> - Head Start Bureau

## About the Author



### Other Websites

[Rich Single Momma](#)

[Single Moms Rock](#)

[Single Moms Network](#)

### Single Mom Success Guides

[100 Secrets of Successful Single Motherhood](#)

[The Single Mom's Guide to Success and Happiness](#)

[The Truth About Grants for Single Moms](#)

I am the author of [100 Secrets of Successful Single Motherhood](#), a writer, web entrepreneur, and blogger. I am also a single mom and advocate/motivator for all single moms who want to thrive. If you want to learn how to be happy and financially independent contact me at [samantha.a.gregory@gmail.com](mailto:samantha.a.gregory@gmail.com).

**Need a speaker for your group?**

Samantha Gregory is available to speak to your group.

Topics include:

Single Mom Success Strategies

Living a Successful Life

Career Focus

...and much more

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