

The Single Mom's Guide to Success and Happiness



Samantha A. Gregory

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Feel free to pass this book on to anyone that you would like to (as long as you do not alter it in any way). There are millions of single moms who need encouragement and a helping hand. This report is a first step in that process.

Single moms are often viewed in a negatively in our world. Regardless of the circumstances of their marital status, whether it's by choice, death, divorce, or abandonment, single moms struggle with the stigma of being without a husband. Single mothers do not have to be sentenced to a life of poverty and eternal struggle. There are ways to be successful and thrive as a single mother and create a healthy and happy home atmosphere. Here are 20 tips for your success:

Pick your battles

It's too stressful to fight about everything. So pick your battle with it comes to the kids about: clothes, food, bath time, and friends. The same with your Ex over child support, child rearing, and visitation. The public service agencies are not worth the fight over paperwork, caseworker attitudes, or benefits. Finally with your extended family over living up to their expectations and holiday plans.

Prioritize your life

Decide on the five important areas in your life (i.e. yourself, children, career, social life, church, volunteering, etc.). Then put them in order from most important to least important. Within each area look at the activities you normally engage in, and then prioritize them. If something comes up and it is not a priority, just say 'no'. Decide later if it is worth adding to your list of priorities.

Stay Focused

Setting goals is the first step to staying focused. When you get sidetracked and go off on a tangent, get back on track by reviewing your goals and getting back on course. Post your goals, daily routines, and appointments where you can see them so that you know what is important. If you are like me you have an out of sight, out of mind mentality. If the lists aren't where you can see them you quickly lose focus.

Ask for help

As much as you feel like you have to do everything on your own, please know that you don't. Ask for help from trusted family and friends. There are probably more people around you than you know who don't mind lending a hand.. They can help with the children, automobile maintenance and repair, occasional financial crunches, and limited decision making (advice).

Talk out your feelings

Holding your feeling in can only lead to self-destruction. Talk out your feelings with trusted friends or a counselor. Getting your feelings out in the open clears your heart and mind and frees you from stress. Sleepless nights can result from keeping everything in and a tired single mom is no good for anyone. Bottled up emotions will eventually explode so get them out ASAP!

Step back when overwhelmed

The feeling of being overwhelmed can come on suddenly. Demands from your employer, your kids, and every day life can take a toll on your mind, body and spirit. When you feel the frustration and anger rising take a 10-15 minute break. It is better to walk away for a little while than to stay too long and overload. Learn to recognize when you have had enough and when to say when.

Order the eBook to read the rest because...

There is much more to this report including how to have your ex eating out of your hand, how to get your ex to cooperate, and much more.

Go to richsinglemomma.com and pick up the full copy of this report and start your journey of success and happiness.

About the Author



Other Websites

www.richsinglemomma.com

www.SamanthaGregory.com

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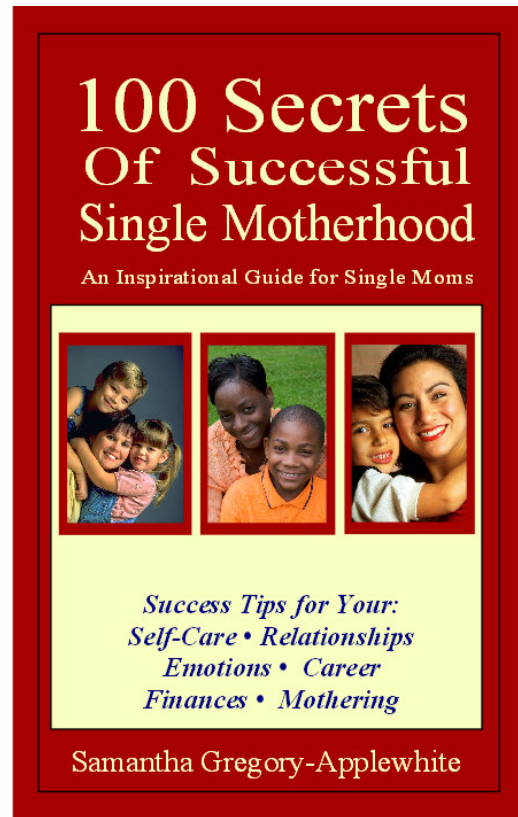
I am the author of [100 Secrets of Successful Single Motherhood](#), a writer, web entrepreneur, and blogger. I am also a single mom and advocate/motivator for all single moms who want to thrive. If you want to learn how to be happy and financially independent contact me at samantha.a.gregory@gmail.com.

Get More Tips in the Full length book!

100 Secrets of Successful Single Motherhood:

An Inspirational Guide for Single Moms

Being a mother is hard work, being a single mother is even harder work. This wonderful little book will inspire and encourage single moms to succeed and thrive along the journey. Each tip will motivate you to be your best so that you and your children will succeed against the odds and come out ahead mentally, emotionally, physically, and spiritually!



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