

Starting Over?

A SINGLE MOM'S SURVIVAL GUIDE

Self-care is the first step to a single mom's survival. What do I need today?

I am in control of my life, and I will not be pushed to make decisions I'm not prepared to make.

“For God has not given us a spirit of fear; but of power and of love, and of a sound mind.” —*2 Timothy 1:7*

I will not allow myself to be held under a cloud of unforgiveness. If someone is angry or unhappy with me, that does not mean I am guilty.

“There is therefore now no condemnation for those who are in Christ Jesus.” —*Romans 8:1*

It's up to me to decide where my thoughts dwell and I choose to focus on the hope and potential of my future.

“Children are good imitators, so give them something great to imitate.” —*Unknown*

I'm allowed to cry! My tears release stress hormones and calm my nervous system.

“He will cover you with his feathers, under his wings you will find refuge; his faithfulness will be your shield and rampart.” —*Psalms 91:4*

