



Being a single
mother is twice the
work, twice the
stress, and twice
the tears, but also
twice the hugs,
twice the love, and
twice the pride.



Being a single
mom is part of
what makes me
unique.




I am exactly
who my children
NEED.




My kids
don't need a
perfect mom.



I am
perfect
imperfection.



I can be a mess
and still
be a good mom.
We're allowed to
be both.




Talk to yourself
like you would
to the kids.




It's OK
to be a
"Me-time"
SINGLE
MOM



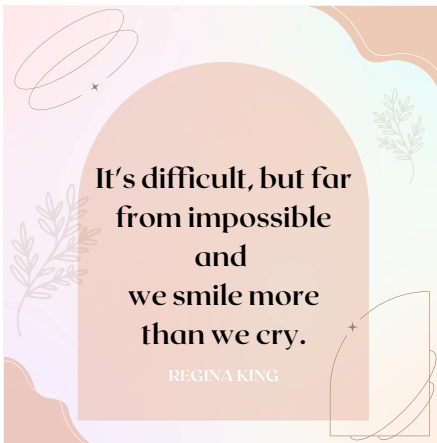
♥
Thank you
my kids for being
my anchor in my
life.



♥
Your children will
become who you
are, so become
who you want
them to be.




Self care is giving
your kids the best
of you rather than
what's left of you.



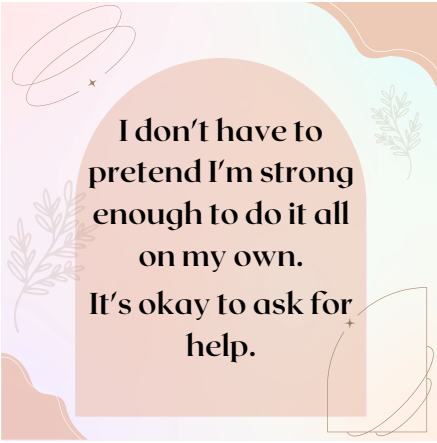
It's difficult, but far
from impossible
and
we smile more
than we cry.

REGINA KING




Nothing you do for
your children is
ever wasted.


GARRISON KEILLOR



I don't have to
pretend I'm strong
enough to do it all
on my own.
It's okay to ask for
help.



I am a single mom.
What's your super
power?



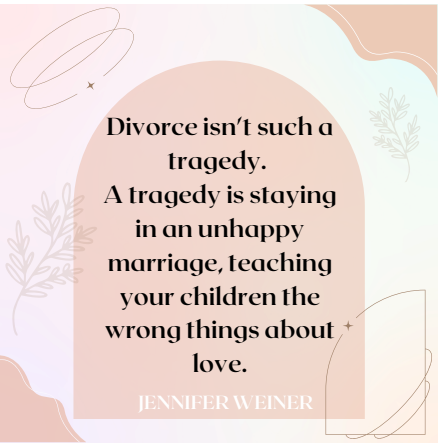
She remembered
who she was.
And the game
CHANGED.



Why not both?
A single mom
&
an attractive
woman.




I deserve to be
LOVED
&
respected.



Divorce isn't such a
tragedy.
A tragedy is staying
in an unhappy
marriage, teaching
your children the
wrong things about
love.

JENNIFER WEINER



Recovery begin
from the darkest
moment.
Time will heal.




I am a
Badass
mom!




"There is no perfect
way to be a
mother and a
million ways to be
a good one."

JILL CHURCHILL



Guess what dear?
The very fact that
you worry about
being a good mom
means that you
already are one.



It's difficult, but far
from impossible
and we smile more
than we cry.

REGINA KING

