



There's a "SINGLE MUM"
Stereotype...



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"SINGLE MUM" has a heavy, negative, victim, struggle, "poor her" vibe around it. I think I was actually scared of leaving a toxic relationship because of the "Single Mum" stigma... well my friends let me tell you, YOU don't have to be the STEREOTYPE. You have a CHOICE, you are in control of your own destiny. Yes becoming that "single Mum" who thrives and sparkles isn't a walk in the park but it's possible for all of us. Let me share the 10 things I did to thrive in this era of my life.

1. Have an Arbonne business- this has allowed me earn an income around being a Mum.
2. Personal Development- learning how to be the most confident, empowered



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woman I can be.

3. Worked really really hard- bottom line is I pay for EVERYTHING my girls have, I have NO financial support, instead of moaning about it I use it as rocket fuel to build the life of our dreams.

4. I stopped watching TV (only inspiring things like The Kardashians)

5. I stopped drinking Alcohol

6. I gave myself time to CRY and feel SAD and LONELY- I didn't suppress the feelings.

7. I cut out any TOXIC "friends"

8. I followed other inspiring "single Mums " who were crushing life for eg....
@carlypinchin @stephywray @nixclark1
@legallynik @kimkardashian
@khloekardashian

9. I got my gut health in check using the Arbonne products.

10. I stuck to my word- if I said I was



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9. I got my gut health in check using the Arbonne products.
10. I stuck to my word- if I said I was going to do something I did.. this helped me believe in myself again and built my confidence back up.

#workingmum #singlemumlife #arbonne
#onlinebusiness #newera #mentor
#singlemum #singlemomlife



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