



A life lead *simply*

Single mom Survival checklist

A quick guide to help you survive
your first few months

Just because you are single parenting doesn't mean
you have to do it alone

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Single mom survival guide

CHECKLIST

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Budget

- Collect the last 3 month's bank statements, bills, etc. to get a picture of what you spend monthly
- Based on this, create a budget for the next month, using a spreadsheet or doc
- Identify aspects where you overspend and research ways to save money

Income

- Based on the above, identify if you need to supplement your income
- If so, write down the number, but inflate it a bit so you have a goal to work towards
- Brainstorm ideas to make up that extra income

Simplify

- Declutter. Get rid of anything and everything that creates anxiety and clutter
- Create jobs or chores for the kids to help you with this step
- Create a capsule wardrobe for you and your kids

Mom-time

- Create a morning and evening routine. Protip: get up before the kids in the mornings
- Schedule self-care time, such as time for a hobby, exercise, etc.
- Plan downtime daily - time to meditate, pray, reflect, etc. 10 or so min are good

Meal plan

- Sort out and declutter your pantry, fridge, and freezer
- Decide on 5 family recipes for which you will always have ingredients on hand
- Create your weekly meal plan a week in advance

Planning

- Childcare, transportation, after-school activities
- Co-parenting with your ex
- Legal documents and arrangements

GOT THAT?

Feeling a bit better?

You know have the first few steps of making this single parenting journey less confusing, and more attainable. Although it is going to look daunting at first, you can do this. And of course, I am always here to help. If you have any questions, please send me a message!

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