

# SELF-CARE AND LIFE PLAN FOR SINGLE MOMS

The Winning Single Mom  
[KaywandaLamb.com](http://KaywandaLamb.com)



## LOVING ON YOU

**In order to have the best life, the balanced life, you must revisit your self-care routine.**

Oftentimes, single moms think they have NO time. But in reality, they simply have not taken control of their schedule by seeing their week and months ahead of time and working that schedule to their benefit. What do I mean?

You have to plan to love on you just as much as you have to plan to go to work, get the kids to the annual appointments, make the parent teacher conference, and turn that report in to your boss.

Simply put, make a schedule that includes your to do list AND loving on you.



# SELF CARE

Below is a list of things you can ask yourself in order to create a healthy self-care regimen.

1. What does tomorrow, next week, this month look like?
2. Do I have a planner to keep me on track?
3. Every day, what are the 5 things I HAVE to get done?
4. In my busy schedule, have I made time for me?
5. When I look back over the last few weeks, how many hours did I spend on my needs, healing, reflection, having fun, compressing from life issues so I can parent like a rockstar and be present for my babies?
6. What do I like to do when I have time to love on me?
7. What is something I can do today to stop the cycle of busy in my life and get balanced?
8. Are there people who I can join with and help to hold them accountable as they do the same for me?
9. Do I have my self-care activities built into my fun budget?
10. Can I find one hour per day to do the things I love so that I can renew my strength and get invigorated to serve my family and others well?



# SELF CARE

## NOTES:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



## Single Mom Life Plan

### HOW TO BE PREPARED FOR LIFE'S UPS AND DOWN

Most often, single moms are busy providing and do not think life will strike twice. But, sometimes, it does. In that instance, you have to be prepared. What follows is a list of things I suggest you take care of and look into.

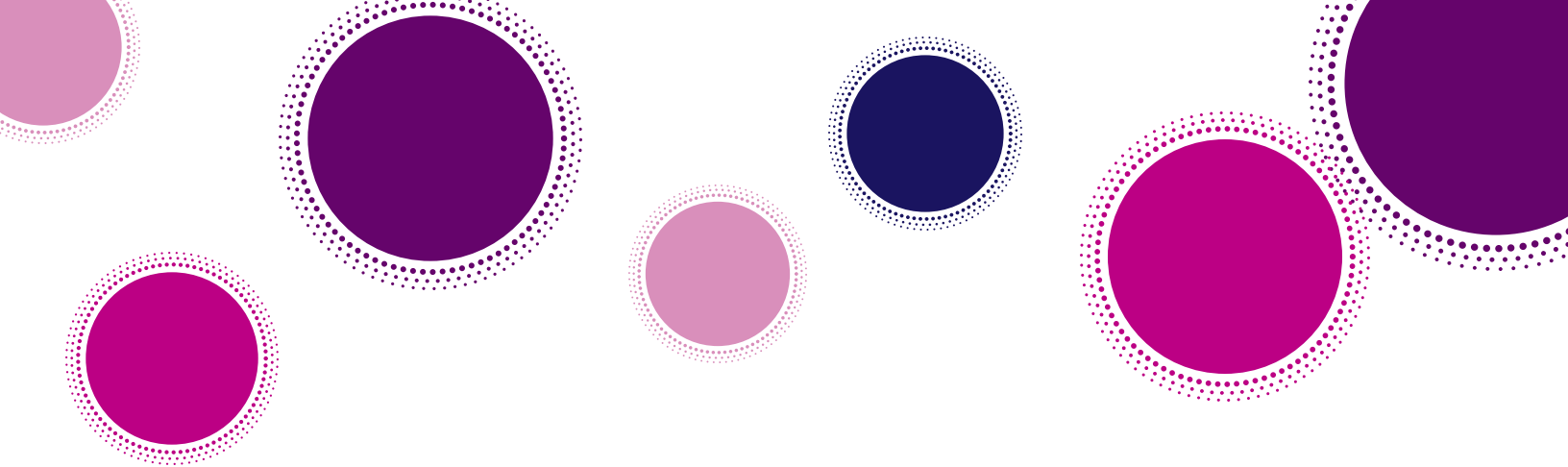
I discuss more in my book *Do It Anyway!*



# HOW TO START YOUR LIFE PLAN NOW

1. Think about what you want in life. What is missing? How can you add it in?
2. Begin saving. Anything is more than nothing. Start an emergency savings account.
3. Get life insurance for you and your babies. NOW! You can find economic policies and if you eat out once a month, you should have life insurance.
4. Do you want love in your life? How will you find it? Make time for it/him?
5. What does life look like after kids?

**You and Your Babies Deserve a Rested,  
Inspired, Prepared You. Unleash Her!**



## HOW TO START YOUR LIFE PLAN NOW

### Notes:

1.

2.

3.

4.

5.

Need help crafting your plan?

Schedule a FREE 15 minute discovery call today!

<http://calendly.com/KaywandaLamb/discoverycall>