

ID & break through your own self-imposed stereotypes

If you're stuck financially as a single mom, chances are you're buying into at least one single mom stereotype. Before you can get out of that mindset, you must identify which one you are.

To summarize, there are six single mom stereotypes:

- **Welfare Mom:** Down and out, on public assistance or being supported by a family member, no professional job skills and no hope of changing her situation.
- **Gold Digger Momma:** Can't make it without a man, this woman is manipulative and has all kinds of tricks for finding and keeping a man with money.
- **Works Hard for her Money Mom:** Refusing anyone's help, this mom works two or three jobs to make ends meet. She prides herself in sacrificing for her children.
- **The Princess Mom:** This damsel in distress doesn't need to be proactive about taking care of herself now, because a knight in shining armor will come rescue her soon. Plus, real men are intimidated by successful women, right?
- **Man-Mom:** She has a professional job – that consumes 80 hours of her week. This single momma replicates a 1950s model of fatherhood – sacrificing family time for financial security.
- **Hippy Mom:** This crunchy momma rejects all things establishment – including material comforts. Deep down she just doesn't know how to make the money to have a secure financial life – or feel she deserves one.

Which of these single mom stereotypes describe you? There may be two or more that are relevant.

Write those down here:

Where do those ideas come from? Think way back to your earliest memories of understanding what a single mom was. Maybe it was a movie or TV show you watched as a kid. Maybe you were raised by a single mom, or knew of one in the neighborhood or your family? What was your impression of these women?

Write down these earliest memories:

Now connect these images to your own attitudes about what you can accomplish. What are the parallels between your earliest attitudes about being a single mom, and how you live your life today? What negative, single-mom scripts do you tell yourself to explain why you don't have financial success?

Write those down.

NOTE! This is a big process. Go ahead and write down your ideas here. But come back to this page in a few days – and a few weeks. As you work through your single mom blocks, you will discover deeper feelings and thoughts that hold you back from financial success.

Now, what alternative scripts will you tell yourself instead? If you are a...

Welfare Mom

Your new script is: No one owes me anything. Bad and sad things happen to EVERYONE. I am a strong woman with skills and gifts that I am meant to share with the world.

Gold Digger Momma

New script: I can't attract the right man by manipulation. Great guys are attracted to positive women who thrive on their own.

Works Hard for her Money Mom

New script: I deserve to be joyful in my life, including my career, family and personal time. There is no virtue in suffering!

Princess Mom

New script: I can't predict future. Remember what happened last time I depended on a man to save me? The only person who can truly rescue me is myself. Then I will attract a man who will be a real partner.

Man-Mom

New script: This is an amazing time for women, and I can define success on my own terms – including making plenty of money and spending lots of time with my kids.

Hippy Mom

New script: I deserve a truly bountiful life that includes ample money, a comfortable home and savings for the future. My children and I can give back to the world when we are full.

Write down the new script you will tell yourself in the space below. Maybe you will use those suggested above, or create your own mantra that you will return to when you find yourself rehearsing old, negative scripts:
