

Are you an entitled single mom?

A sense of entitlement holds you back because it puts the power to change your life in the hands of someone else: your ex, the welfare system, your boss, your mother.

Not sure if you suffer from entitlement fever?

Read through these common statements. Circle the ones that reflect what you often say, think or feel:

"I deserve more money."

"He owes me."

"The system is so messed up!"

"I deserve to stay home fulltime because that is what we agreed when we were married."

"I deserve nice things!"

"It's not fair [my ex] can run off with that young slut/devote all his time to his career/doesn't pay more child support."

"It's not fair other moms stay home/take expensive vacations/work part-time/exercise without hiring a babysitter."

"My boss should give me a break because I'm a single mom."

"I didn't get a promotion because I'm a single mom."

Do you see how these statements are really expressions of entitlement? Remember what I said in the video: No one owes you anything. The sooner you accept that, the sooner you will see real changes in your life.

Still not sure you suffer from entitlement fever?

Write down five things that really make you angry, as they relate to your finances, time management or career. What goes through your mind when you can't sleep, or you're looking at your bank account online, or running around trying to get everything accomplished in your family life? Who do you blame for this stress? What negative scripts go through your mind?

Write, free form, any blaming scripts. Maybe this includes some of the statements mentioned above, or others you cooked up yourself. Don't hold back – write them all down freeform. Remember: there are no wrong emotions! Go for it!

Now for each one, write down one or two ways you will take charge and change what you are angry about.

Maybe it's:

"I will stop fighting for more child support."

"I will accept that I will never see that back child support."

"I will ask for the raise I deserve."

"I will finally start looking for that new job."

"I will finish my degree."

"I will move into a smaller house that I can actually afford."

"I will create a budget that fits my current income – not my married income, or my dream lifestyle."

Note how much control you have over your thoughts and life. Take back the power and use it for positive change! You can do this!