

**5 Simple “Secrets”
to Becoming a
Peaceful, Prepared
and Prosperous
Single Parent**

Single Parent “Secrets” Revealed

Essays of a Single Mama

By

Candi Taylor-Jeter

You may distribute this eBook freely to
anyone you desire,
as long as you send the entire unmodified
document.

© 2009 Candi Taylor-Jeter
All Rights Reserved

Mind Reconstruction Productions

<http://singlemamadiva.com/>

There are millions of books, eBooks, tapes and CDs that will reveal secrets of one thing or another. In this information age our senses are literally overloaded with so much information that to be honest it makes it more difficult to know what to do in any given situation.

Before we get into the meat of this valuable material I want you to know that there are *NO* secrets. According to Webster’s Dictionary secret means: kept from knowledge or view; working with hidden aims or methods. **First**, remember that there is nothing new under the sun. **Second**, everyone one on this earth has seen something that others may have overlooked. **Third**, your creator wants you to *know* what the universe has for you.

My goal is to just bring to your attention things that you *know*, but you have just overlooked.

As a human, you have an instinct that you were born with. As you get older, depending on your life experiences your instincts will either get stronger or weaker. Unfortunately the invasion of many

inventions, although they have made life easier for us have also dulled our senses.

Many people think that one of the main reasons we experience failure, lack and setbacks is due to a lack of knowledge and I will agree, but what type of knowledge are we lacking? Well, before the information age bombarded us with a boat load of stuff we were lacking cerebral knowledge, but we were abundant in spiritual and experiential knowledge.

Today, we are at a place where balance is strongly needed. For the most part I rarely search the World Wide Web for information without consulting my *personal experiences, spirit* and *1-3 top experts* in the field or issue that I am curious about.

I have said all this to say that there are many components to *knowing*, which is another subject altogether, however the basic form of knowing is instinct and the next level up is outside influences.

When we are babies we experience self in the womb before we even see the world. By the time we are born the world instantly begins to deconstruct our knowledge of self, which produces doubt.

© 2009 Candi Taylor-Jeter*All Rights Reserved*Mind Reconstruction Productions* <http://www.singlemama.com/>

Now I think you are getting it. Your doubt is a reflection of how you have internalized what others have done to you, said to you, thought of you...get the picture?

This internalization effects how you see all aspects of life. If people had a positive self image of you when you were young, then you will feel positively about yourself. The younger you've experienced these positive vibes the easier it is for you to reflect this in adulthood. However, if as a young child you were more influenced by negative energy the more uncomfortable you will be by the presence of positive energy.

For example, have you ever tried to give someone a compliment that was uncomfortable with positive energy? They almost make you feel as if you have said something wrong.

The way you parent has everything to do with your perceptions of yourself.

As a single parent whatever you perceptions were before you became a single parent have become

magnified by your circumstances at one point or another.

I would like for you to take a moment before reading any further, take 3 deep breaths and say “As Is”.

Internalizing this short phrase at its deepest level will put you in a state of neutrality. If you can at least get to a neutral place it will be easier to absorb the positive energy that’s contained in this material.

Ready?

**Keep scrolling for the 5 simple
“secrets” you have been waiting for**

Step one

Forgive yourself for being a single parent

Guilt is one of the main emotions a single parent will experience at one point and time in their parenting journey.

Guilt is the great *paralyzer*. As a single parent unless you plan to hand your kids over to someone else while you come to terms with yourself, you will not have a lot of alone time to reflect and heal. These are things that single parents must do while being totally engaged with their children.

Checking into a resort for a month to get it together is NOT an option for most of us.

How do you get over your guilt?

Ask yourself 3 questions.

1. Why do I feel guilty?
2. Can I change the circumstances that make me feel guilty?
3. Is the emotion of guilt helping me or holding me back?

Getting to the root of your guilt is important, because it will help you to map out how you will navigate the rest of your parenting journey.

If you can change your circumstances by all means get busy. If you need anger management classes, drug rehab support or financial management guidance, take every opportunity you can to correct whatever it is that is pushing you into this guilty state of mind.

Is your guilt motivating you or is it holding you back? I rarely feel guilty about anything for long; because I:

1. Make reparations.
2. Accept responsibility.
3. Make an effort not to do whatever it is that made me feel guilty in the first place.

Some personalities soak up guilt like a sponge soaks up water. If this is you then stick around for my **“Mind Reconstruction System for Single Parents”** which goes into dept about overcoming guilt...coming soon.

Step 2

Stop thinking of yourself as SINGLE!

Thinking of yourself as single is very self-sabotaging. It says that you are all alone, you have no choices and that no one can identify with you or help you. Again, perception is key here, because if you think you are alone, then you will be alone. I have made more connections and gotten more support as a single parent than I did when I was married.

I am not talking about governmental help either. I am speaking of meeting the most sensitive supporting people, who wanted nothing more than to see my kids and me thrive.

Once you open up your spirit to ALL the possibilities of deeper connections you will be highly rewarded with safe, productive and supportive relationships

Get started now!

1. Don't be afraid to ask for help
2. Help others
3. Smile and say hello

Step 3

Really come to terms with the broken relationships that have resulted in your single parenting circumstance

Many single parents are still carrying torches for their ex-lover. This is not abnormal and is a necessary process, but the difference is you can not project your emotions about your ex onto your children. This is all a part of the balancing that single parents must contend with.

If the ax you have to grind is with the parent of your child, you will just have to fake it around the child and work out your differences in private.

What worked for me?

Setting up an honest, but respectful relationship with my kids that would allow me to express my displeasure with what their dad was doing without making them feel responsible or without disrespecting their dad.

Results?

1. The kids eventually saw the truth for themselves
2. The issues with their dad and I passed and now we are great friends
3. My kids have learned how to openly express themselves, set healthy boundaries and love others in spite of their shortcomings

Step 4

Practice Genuine Communication

I feel that technology has its pros and cons. Although we have more information through technology we have less meaning.

- Bring meaning back into your communication with your kids by talking more with them face-to-face, rather than through technology.
- Touch your children at least 7 times a day in a consciously loving way
- Ask questions, listen and give specific feedback at least 3 times a day

Remember, these are considered simple things...Keep reading.

Step 5

Create your single parenting plan

I can not tell you how important it is to create your very own single parenting plan. Many single parents are caught off guard by their circumstances.

When I became a single parent, it took me a couple of years to actually wake up and get a plan. I continued to go on as if I was married and relying on their dad to do certain things. Needless to say it took many disappointments and harsh realities before I realized that I had to reconstruct my mind to accommodate my new lifestyle.

There are many things that need to be covered when speaking of preparing for single parenthood, but the three main things are:

1. How will you sustain your new family financially?
2. What will visitations look like with the non-custodial parent?

3. Who will be on your single parenting team to help you carry out your parental responsibilities?

Continue downward to see bonus information

After all this talk about how to be a better single parent, I just want to take a short moment to talk about how to be better YOU.

What do you want to do for YOU?

Would you like to travel all over the world?

Write a book?

Go back to school?

Lose weight?

Improve your relationships?

Turn your struggles into profits!

Whatever is it that you want to do there is a place you can go to get support. When you join [single mama diva](#) you are not just joining another social network. You are joining a place where all single parents can learn:

- **To Resolve Conflicts With Your pre-teen in 10 Minuets or Less.**
- **How To Cheat-Proof Your Relationship**
- **How to Get Your Teen to Tell You What They Are Thinking.**

- **The Top 10 Mistakes Single Moms Make In Relationships**
- **How to Date a Single Mama Diva (for single mama lovers)**
- **The 13 Mistakes Single Parents Make & How You Can Avoid Them**
- **How to Live With What You Can Not Change**
- **How to Smash the 7 Illusions That Have Torn Down Your Relationships**
- **How to Meet the Love of Your Life Online**
- **How to Get Your Groove Back**
- **How to Begin Healing After the Break-up of Your Family in 30 Days.**
- **25 Things You Can Do to Get Over the Single Parent Blues**
- **90 days to Creating Your New Life**
- **How to Become a PassionPreneur**
- **How to Revive Your Existing Business**

- **How to Get Into The College of Your Dreams**
- **Eleven Secrets About Sex No One Bothered to Tell You**

This is what you get when you become a member of the Single Mama Diva network. Membership is free right now but will eventually evolve to a paid membership. Those that are in will be in, but those that wait will have to pay for something they could have gotten for FREE.

[Join today for FREE](#)

Remember:

Trust yourself,

Create your own support team,

Reach out to others

Create your single parenting plan

© 2009 Candi Taylor-Jeter*All Rights Reserved*
Mind Reconstruction Productions* <http://www.singlemamaDIVA.com/>

Turn your struggles into profits

I hope this quick and simple information was useful to you. There will be many opportunities for us to explore what you have read on a much deeper level. Although I believe that you have everything you need there’s no harm in interconnecting with others.

Come see what Single Mama Diva has in store for you.

Oh! How could I forget? Feel free to get my book “25 Thoughts About Your Destiny.” This is a compilation of things that I have written during my journey into single parenthood. Although the

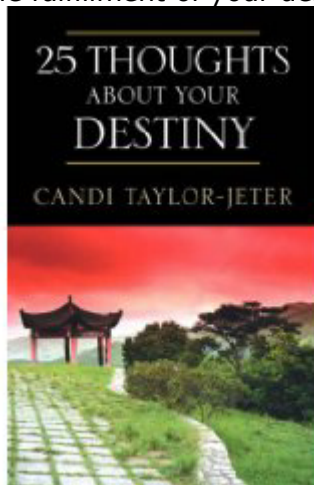
book is NOT about being a single parent, it IS about overcoming different adversities.

Go on...Take a look and see full book description below!

Book description:

This work is a compilation of 25 thoughts that could direct your path towards peace, thoughtfulness and action. The thoughts in this space came to me as I witnessed truths of life unfolding for me through my own experiences. It is because of my desire to find tools for purpose in every event of my life that I find peace in both letting go and embracing that which is necessary. My hope is that:

- * You will find complete freedom and blessings in loss as it was intended for your destiny.
- * You will learn to look at your mistakes as natural lessons in your life rather than failures.
- * You will understand how your burdens are really the fuel for your motivation towards perfection.
- * You will realize that the thorns in your flesh can literally be the very tools you need to complete your assignment.
- * You will see all is not lost and what you thought was tragic is just another stepping stone towards your true fulfillment.
- * At the end of your spiritual literary journey with me, you will realize that you can be used AS IS for the fulfillment of your destiny.



[Order here](#)

Bonus #2

How do you get people to pitch in and want to be on YOUR single parenting team?

- Allow yourself to be vulnerable.
- Don't be afraid to ask and receive help from others.
- Trust yourself first and watch your trust in others grow.

I have many other suggestions in learning how to get assistance from others, but if you just start with these you will see a huge difference in how people react to you. People automatically want to help vulnerable people.

When I say vulnerable I don't mean be weak or pretend to be vulnerable. I mean to be honest about your weaknesses and DO NOT be afraid to let people see this in

you. People desire to feel useful and people that naturally have gifts and talents that you don't possess will be ecstatic to offer you help.

Once you learn to be honest about your vulnerabilities you will not have to ask for help as much as you think you will, but you still need to be able to learn how to ask in case you need to. The key to asking for help with anything is to show what you have already done on your own. When you do this you are letting others know that you are not trying to get out of doing some work on your own. This automatically helps people see your vision and immediately they want to become a part of something they can hear, touch and see.

After you have WOWed them with what your almost completed idea, let them know the gifts and talents you see in them. This lets them know that you see their value. People want to know they are valued before they share their value with

you. Say something like, "I am almost done with this, but I got stuck and you were the first person I thought of." If you can remember something specific that you saw them do mention that event and how impressed you were with their work.

Lastly, always have something to offer. No, it doesn't have to be money, but it needs to be something of perceived value to them.

For the most part if you are a sincere person people will want to help you for FREE. In this case you MUST still give them something.

Most importantly the main key to building a support team is to trust others. I am going to go out on the limb and say that 100% of the time when we don't trust others it is because we do not trust ourselves.

These are the 3 top reasons people project mistrust on others:

You may not trust yourself to recover the time or money to fix what someone else messes up

You do not trust your reputation will remain in tact if someone proves to be irresponsible in the task you entrusted upon them

Your group, society or unconscious program has told you that you are crazy for letting others in your business, life or circle. So in short what others think of you keeps you from reaching out to those that can really help you.

To do list:

1. Be vulnerable
2. Ask for help
3. Trust yourself
4. Overcome the fear of losing time, money, reputation and what others think of you
5. Begin to create your team (in your mind)

Thank you!

**“Reconstruct the world by
reconstructing your mind”**

That’s all folks!