

The Single Mom's Oath

I promise to remember that:

- I am powerful and amazing.
- I am raising incredible children.
- I am enough.
- I teach my children as much through my actions as through my words.
- I show up every day and give the best I have.
- I need to take time to recharge, and that is not only OK, it is required.
- My kids are not damaged because I am single.
- My kids know, feel, and see that they are loved.
- My kids understand that "stuff" doesn't equal success or love.
- It is my job to prepare my kids for the world, not to give them the world.
- God and I are an army.
- I am raising my children to be self-sufficient and powerful adults.
- My children are learning to forge through adversity.
- My strength lies in my determination.
- I am growing every day.
- I am an inspiring role model.
- I am an inventive and creative problem solver.
- My life is beautiful.
- I enjoy my children every day. I know my time with them is limited.
- My children are learning what is truly important in life, and they have solid values.
- I understand what is important in life, and I arrange my life accordingly.



Sara Sherman leveraged her 20+ years as a single mom to become a sought after single mom expert, speaker, author, and retreat leader. She earned 2 degrees as a single mom, and went from being the first woman to use the local low-income pre-natal clinic, to the positions of high-level state staffer and corporate executive.

Sara now shares her secrets with other single mom through programs, workshops, retreats and VIP sessions. She is the author of **The Single Mom's Guide to Getting a Degree**, and a contributor to the **Care.com Community**.