

## Busting the Supermum Myth!

### **Exercise 1 – The f\*ck budget to end all f\*ck budgets!**

Mumma let's get real. Your time is PRECIOUS! STOP giving it away like it's cheap. The only thing more precious is your energy. After all – a YES to something you don't really want to do is an automatic NO to something that could make your heart sing. Now that you're in the independent single mum tribe, I'm just letting you know – that's NOT how we role.

1. Write out a list of all the things you're spending your time, energy and money on that drain you...

(Please do use an extra piece of paper if you need more room because I *know* you're not done here).

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2. Write a list of all the passions you have that you want to invest your time, energy and money into (we call this anything that gives us a f\*ck YES feeling).

## THE INDEPENDENT SINGLE MUM

### **Exercise 2 – Who even am I?**

Here you're going to write a **quickfire** intuitive list (that means you're feeling more than thinking), include all the things that make you so beautifully and uniquely 'you'. Only the kind stuff - we independent single mums don't be hatin' on ourselves. When you've finished, you're going to sit and gaze at your list. Notice which words stand out, and circle the first five. Congratulations! You've just found your super powers.