Quick tools every single mom needs when life hits all at once.

This is not a long guide.
 This is the "I need help RIGHT NOW" version.

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1. The Panic-to-Power Reset (60 seconds)

1. Put feet flat

2. Inhale 4

3. Hold 2

4. Exhale 6

5. Drop shoulders

6. Say: "I can handle this one step at a time."

This interrupts overwhelm instantly.

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2. The 5-Minute Money Triage

Ask yourself:

1. What *must* be paid this week?

2. What can wait?

3. What can I pause or cancel?

4. What can I sell quickly?

5. Who do I need to call (landlord, utility, job)?

This turns chaos into a plan.

3. The "Everything Is Hitting at Once" Flowchart

Problem → What can I solve in 5 minutes?
 If yes → Do that first.
 If no → What can I solve TODAY?
 If nothing → Regroup, breathe, ask for info/help.

Simple. Not easy — but simple.

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4. The 3-Script Boundary Set

Use these in texting, work, family, or relationships:

Script #1 – "No, but…"
 "No, but here's what I *can* do."

Script #2 – "Not available."
 "I'm not available for that right now."

Script #3 – "Let's keep it simple."
 "I need to keep things simple right now. This doesn't work for me."

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5. The Emergency Stability Checklist

A fast "get your life back in order" list:

- One small win before 10am

- Plan dinner early

- 10-minute clean sweep

- Drink water

- Check bank balance

- Prioritize 3 things only

- Go to bed earlier

It resets your whole day.

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6. When You're Emotionally Exhausted

Say this out loud:

"I am not failing. I am overwhelmed because I have been doing everything alone."

This helps your brain shift out of shame and into problem-solving.

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7. The First Step to Fixing ANYTHING

Ask:
 "What would make tomorrow easier?"

Not "perfect."
 Just easier.

That's your next step.

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8. Your next step (call-to-action)

The toolkit gives you emergency tools.
 The quiz shows you your hidden strength.

But if you want:

- Real stability

- Real confidence

- Real money

- Real independence

…that's inside **Freedom Foundations** — my full system for single moms who want more than survival.