

PRINTABLE JOURNAL

Reclaim Your Power: A 7-Day Mental Reset for Single Parents



Coach San

The Thriving Single Parent

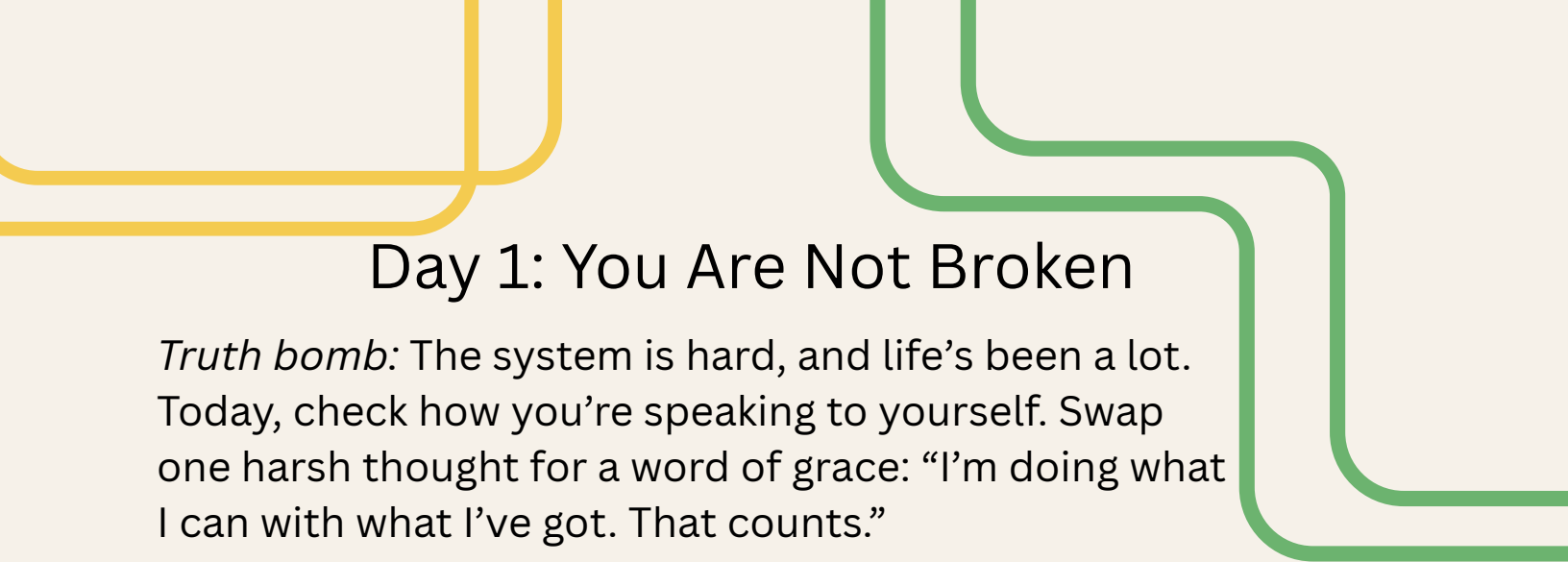
Hey there.

If you're holding this, you're probably running on empty, juggling way too much, and wondering if anything will ever change. I see you. I've been you.

This 7-day mental reset is not about magical thinking or pretending things are fine. It's about reclaiming a little piece of your power each day. Real talk, small shifts, and a soft nudge forward—because we know what it means to carry the weight and still rise..

You've got this. Let's begin.



A decorative graphic consisting of thick, stylized lines in yellow and green. The yellow lines form a series of connected, rounded rectangular shapes on the left side. The green lines form a similar series of connected, rounded rectangular shapes on the right side. The lines are thick and have a slight shadow effect, giving them a 3D appearance. They are set against a light gray background.

Day 1: You Are Not Broken

Truth bomb: The system is hard, and life's been a lot. Today, check how you're speaking to yourself. Swap one harsh thought for a word of grace: "I'm doing what I can with what I've got. That counts."

Truth bomb: The system is hard, and life's been a lot. Today, check how you're speaking to yourself. Swap one harsh thought for a word of grace: "I'm doing what I can with what I've got. That counts."

What would I say to a friend or family member going through this?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 2: You've Done Hard Things Before

Facts: This isn't your first storm. You've made it through things folks wouldn't believe. Make a list of 3 times you overcame when you thought you wouldn't. That's your proof.

What are 3 hard things I've overcome — and how did I do it?

Say it with your chest: "I've been through worse. I've got this."

[illegible]

Day 3: You Deserve More Than Survival

You were made for more than just making it through. You deserve peace that lasts, joy that fills, and purpose that feels like yours—no matter what life has thrown at you or what choices you have made.

If I could wave a magic wand, how would I want to live a year from now?

[illegible]

Day 4: Energy Is a Resource, Too

Listen—Your energy is precious. Protect it. You can't pour from an empty cup. Set one boundary today, even if it's just five minutes of quiet. You don't need to earn rest. What's one small boundary you can set today?

Mini Action: Write down one thing or person you can release this week.

What are the benefits of releasing it.

[illegible]

Day 5: You Don't Have to Know It All

No one has it all figured out! Perfection isn't the goal. Progress is. You don't need a full plan, just the next move. Spend 10 minutes learning something that can grow your skills—or your spirit.

Mini Action: Google “job skills in demand” and write down one that you like. How would having that skill benefit you.

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Day 6: Your Story Isn't Over

Where you are now is not where you have to stay.
You're allowed to rewrite your story. It's still unfolding.
And yes, it's okay to be scared and move forward
anyway.

What would "hope" look like for me if I believed it was still possible?

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Day 7: You're Already Doing It

Reading this? That's action. That's everything! That's proof you care about your future, that you're trying. Today, celebrate at least one thing you did this week—big or small.

Mini Action: Text a friend or write yourself a note: "I'm proud of myself because..."

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

About Coach San

I'm a former teen single mom who knows what it's like to feel stuck, broke, and overwhelmed. I've been there—and I turned my struggle into strength. Now, I help other single parents rebuild their confidence, shift their mindset, and take practical steps toward a more stable, fulfilling life. You don't need to have it all figured out. You just need a place to start. Let's take that next step together.



Want more support?

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