

7 ESSENTIAL THINGS YOU NEED TO DO WHEN YOU BECOME A SINGLE PARENT.



JUMP-START YOUR RECOVERY WITH THESE 7 HELPFUL PRACTICES THAT TRANSFORMED MY LIFE FOREVER.

I have some good news and some bad news for you. The bad news is that life will never be the same again. The good news however, is that life will never be the same again. I know that the bitter reality of the latter statement cannot be truly savored from where you currently stand. The world seems as though it's against you and you're being stripped of everything you ever wanted in life. The end result is feeling like a gutted trout.

I know that feeling, that sickening torturous unrelenting and seemingly unending feeling. Joy, happiness, hope, optimism and even confidence are hard to find. If you hear nothing else hear this: it will not last forever UNLESS you process your situation properly. Time is the great equalizer and you must now play the long game. Don't worry about battles lost yesterday, Today is what matters.

The sooner you learn to understand other paradigms In this changing time, the sooner you will become adept at embracing this change. With these 7 steps you can begin the process of leveraging your situation and seeing it for what it is- an opportunity.



CHANGE IS UPON YOU, THEREFORE YOU MUST CHANGE

1. Grieve

Yes, you read that right. **THE** absolute first thing you must do is grieve. Whether you are willing to admit it or not you've already begun that process. It's a good time to familiarize yourself with the [5 stages of grief](#).

Knowledge is power and you've just lost a lot of power in your life so now comes the time of knowing yourself like never before. Yes, I understand completely. You desperately want your life back; trust me, I get it. I am no stranger to that feeling.

Do not try to avert this simple and natural process. All humans must grieve before they can heal. Some people never leave this process because they try and repress it- as if they are stronger than the foundations of human emotions. You and I both know, nobody is that strong. Let it flow in a safe place.

On multiple occasions I have cried, I have had powerful emotions ruin me, I have resisted this natural process and it only delayed my recovery. Embrace it or it will be the beginnings of your ruin. By far, grief is the hardest place that men must conquer before healing can be achieved. Every one of us knows too well the social pressures on men not to be seen as weak or vulnerable however I promise you this. You must find a way to navigate through this process completely or it will be your eventual demise. There are very few avenues for men to follow when grieving, each one of us must find a way. Stay away from distractions, negative habits, and people. Don't get involved in any romantic relationships. **YOU MUST HEAL** but before you can do that, you must grieve.

2. Focus

On what's important. Your children should be at the top of this list. As well as providing for them. Focus on what matters most in your life. Get to understand [Maslow's hierarchy of needs](#). Unfortunately, money is of higher concern and you should immediately take every possible measure of cost-savings. Go through your credit cards and bills, hack out the things which aren't **ABSOLUTELY** necessary. Cut your life down to the grim basics, now is not a time for flaunting your money in an attempt to "save face". If the things you cut out become a necessity in the future, you can always incur them in the future. For now, however, play it smart and dial it back to minimums.

Focus on what you **DO** have. Yours and your children's health, your family, your friends etc. Do 2 things right now. Worry consistently for exactly 5 days. Worry about everything and anything. Get it completely out of your system. On day 6 write down a list of everything you are grateful for. Post this list somewhere you can see it every day like the bathroom mirror. Read it first thing in the morning and last thing in the evening. Make it a point to find gratitude in something every single day.

3. Let Go

Of your ego, of your possessions, of your “needs”, of your hate, of your hopeless (at your situation, at your future, at your children’s future at your own failures) Accept these things and then put them behind you. They are your past, not your present. Only in this way can you move on to your future, and it’s not as grim as you may be thinking right now. Give your ego a hard check. For me, this was the most difficult thing I have done but ultimately, the most rewarding. Begin to understand the differences between reacting and responding. Start focusing on responding.

Get rid of your extras. I sold my boat and my motorcycle. I sold everything of value I could. I knew that my new lifestyle wouldn’t afford the time for such luxuries and excess. It’s ok to let these things go. If in the future you can afford them, go out and reward yourself with the latest models. Let go of these relics of your former life, they will only weigh you down.

4. Move

In as many ways as possible. Move to a new place. Get out and get physical. Start engaging healthy habits like cutting fast food, sugar, alcohol (yes, especially alcohol) Get out of your bomb crater faster if you find a place that is **YOURS**. Physically relocate. Love where you live, ensure it has all the things you and your children **NEED** and nothing more. Start a new life in this place and leave all the memories where they are, that is your past and it does not dictate your future. Don’t try to perpetuate a lifestyle that is no longer relevant. Again, that is the past - appreciate it, remember the good times then begin moving forward in your new life.

Also, you need to be physical. Embrace your change fully with some form of exercise. It doesn’t have to be drastic or time-consuming however it must serve the purpose of processing your thoughts and emotions physically. It can be as simple as pushups or walking but you **MUST** get up off your butt and move. Do not stop doing this! Find something that speaks to you. For me, it was walking at dawn or dusk (when I didn’t have my son). Don’t expect to go out and run a marathon, at least not yet. Change your diet, go on a fast food moratorium, cut your caffeine (and your sugar) intake in half. **DO NOT** turn to alcohol to make you feel better, it will not. Listen to [Episode 13 with Steve Roy](#) then go over to singledadfitdad.com to help you get started.

5. Look

Inward and re-discover who you truly want to become. This is extremely hard when emotions are high and the blast is recent. In time, you will see yourself clearer and remember that you had dreams and desires that you abandoned along the way. Perhaps now is the perfect time to dust off a bucket list item and see if it still suits you. (see #6) Perhaps it's time for a new pursuit. Whether it's taking up cycling, or getting into nature or learning more about history or diving into something you had previously postponed indefinitely... there is no better time than now. It's literally the **PERFECT** time for that thing or things you gave up long ago.

Look outward also. see the world and your situation for what it is, not what you want it to be. It's time to take the rose colored glasses off and face the reality of your situation. Process it thoroughly and accept it. This is going to be very difficult. You're a man, you can handle it- take small steps and pace yourself. Don't try to fight this current. Forced change is easy for no one. Others have come before you and they have survived. But survival should not be your goal, rather, you should seek to thrive.

Look forward. Look forward to your child(ren)s lives, to your life with them, to the legacy you will create, to the memories that have yet to be created in their beautiful minds. Look forward to filling them with joy and wonder because you are the best dad. (yes, this is absolutely possible) quiet your inner hater for once and keep putting one foot in front of the other on your new trajectory, soon you'll find yourself at stride making great progress toward the life you have always wanted and denied yourself for so long.

6. Learn

Embrace your sense of wonder just as your child(ren) do. Become a student of your children as they teach you to question everything around you with innocent and impressionable minds full of curiosity and wanderlust. Become a student of life. Stop judging others, stop feeding your hate and negativity, stop letting your ego consume you. Start being you and only you. Read. Find books that speak the languages and topics that fill you with a sense of awe and wonder. Start learning how to improve yourself- by yourself. (Yes, it can be done! and is one of the most rewarding things you can do for yourself). Audio books are a great way to accomplish this! I **HIGHLY** recommend getting started with [a free book from Audible](#).

Start recognizing and writing down motivational quotes. Find the ones that speak to you and write them down. Learn these quotes and recite them in your everyday conversations. Inspire yourself. Pinterest is a great place to start. Check out [We RAD DAD's Pinterest boards](#) and start a board of your own.

7. Love



Yes, love. You can find love again but I am not talking about a relationship, I am talking about you loving yourself. I can assure you that you will never find a life you've dreamt of if you do not first find the ways to love yourself for who you are. Through these 7 steps, you will find your selflove and achieve a confidence which doesn't rely on others, a career, riches, cars, houses or anything physical. You will be confident in every single part of your existence. And people will see it in you. That kind of confidence cannot be faked. Become the best you, become genuine, become your perfect version.

If you can follow these guidelines then you'll look back with gratitude at this whole process and thank this situation for creating the person you are as a result. This is not a roadmap; instead, these are your waypoints. As you journey through your unknown wilderness you will pass through these places. Take them seriously and consider them in planning your long game. If you put first what **TRULY** matters most and work toward bettering yourself, you will find the destination you seek. This is a marathon, not a sprint. There are no quick fixes however you will begin to find the hope, satisfaction, peace and confidence you desire within weeks. I know you have your doubts but I guarantee you one thing, you'll never find what you seek if you don't start somewhere and do something. Luckily, your timing is perfect. Start right now on your journey. Nothing else in life matters more than taking these 7 steps toward a life of fulfillment. This is how I found my true self. Many have made this transition before us. I doubted myself along my journey as well. Keep going dad, the reward is well worth the effort. Join me on the other side, brother.

