

SINGLE MOM BY DESIGN

*Energy renewal*  
FOR  
SINGLE MOMS

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HOW TO RECLAIM YOUR ENERGY  
AND LIFEFORCE, BASED ON THE  
WORK OF PHIL STUTZ

# HOW DO WE



# COME ALIVE

WHEN IN YOUR LIFE DO YOU FEEL THAT  
INNER FIRE?

**Why do some people seem to feel defeated by life, while others seem energized?** Why do some people seem to give up before they even start while others seem to be lifted up by boundless energy?

As a single mom, exhaustion became the backdrop of my life. I wanted to open new doors, but they just seemed so heavy and I didn't have the strength. **I wanted so badly to come alive again. But how?**





MY STORY

# How my confidence was destroyed.

I had just spent 10 years building myself up financially after years of financial and court abuse. I didn't have time to think, dream or plan. **I needed to make money.**

My background had been steeped in trauma that looked like a combination of “**men, money and power**”. I now had a stressful job in the capital markets as a financial analyst, and although I could now support my family, I was falling deeper and deeper, losing myself more every year, until one day, I couldn't get out of bed. **My mind was alive in a body that couldn't move. I had become completely withdrawn.**

I needed to find an answer as to what was happening.

*Talia*

## THE INNER FIRE GROWS

*I started seeing my life as an adventure back to my old self again.*

**I asked myself - “where did that girl go?”**

In my 20's, I moved to new york with dreams of being a singer and songwriter. I worked multiple jobs since I was 15 to pay for the best voice training money could buy. I was fearless in the pursuit of my dreams.

Even after the separation, I went back to school, worked 2 full time jobs, did the CFA, raised my son and still woke up at 4am to hit the gym every morning. Now, I could barely get out of bed.

**What changed? This became the primary question of my life.**





## THE REASON I STARTED STUDYING FINANCE

I remember the **fire in my belly**, the goosebumps on my arms I felt when I watched Robert Shiller speak about “using financial creativity to benefit the world” **I wanted to be THAT for single moms**. That’s when I made a plan to go back to school.

While I was studying, although difficult, that guiding principle is what allowed me to show up every day. I had **hope** that I could change lives and use my circumstances to make the world a bit better for having had me in it.

I studied until 1am most nights, woke up at 4am to go to the gym and beat traffic - why? Because my future was **exciting**. **It was like an invisible force pulling me forward**.

When I earned my CFA designation, worked in a position that didn’t respect me, my soul felt like it was dying. With this, over time, my energy dwindled to nothing. **I couldn’t get out of bed**.



LET'S THINK ABOUT THIS

# How do we *access* that inner *fire*?

Where in life do you get those clues? The goosebumps? The flow state? When does time stand still? You feel like you're being guided by some unseen force... moments of serendipity, life just feels effortless...





FOR ME  
*it was*  
MUSIC

WHAT IS IT FOR YOU?

# Around the same time I discovered the work of Phil Stutz.

WHEN THE STUDENT IS READY THE TEACHER APPEARS.

I've been obsessed with learning for as long as I can remember. I knew the answers to everything I needed were in books.

Phil Stutz, in his various books, described all challenges in life as being a function of the interplay of **2 parts** of us, a part that **blocks us** from from the creative force of life he refers to **life force** and the part that **connects** us to it.

The part that keeps us from accessing this boundless energy of life, he calls part X - a part that is alive and well in all of us. It's the part that makes change impossible - **and it's greatest tool is exhaustion.**





A close-up, dark-toned photograph of a wolf's face. The wolf's eyes are yellow and looking directly at the camera. Its mouth is slightly open, showing its teeth and tongue. The fur is grey and black. The text "The tale of Two Wolves" is overlaid in white, with "The tale of" in a serif font and "Two Wolves" in a cursive font.

The tale of  
*Two Wolves*





THE TALE OF 2 WOLVES

# Which wolf will win?

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An old Cherokee grandmother is teacher her granddaughter about life.

“A fight is going on inside me,” She said to the girl. “It is a terrible fight and it is between two wolves. **One is evil** – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.”

She continued, “**The other is good** – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.

She tells her granddaughter - **The same fight is going on inside you – and inside every other person, too.**”

The granddaughter thinks and asks, “**Which wolf will win?**”

The grandmother tells her - “**The one you feed.**”

*Love this story!*



A person is sitting on a cliff, looking out at the ocean during a sunset. The person is seen from behind, with their hands raised towards the sun. The sky is filled with soft, golden light and a few clouds. The overall mood is peaceful and contemplative.

YOU CAN FEEL IT

# THE LIVING, BREATHING ENERGY THAT CREATED LIFE

THIS IS THE ANTIDOTE TO  
POWERLESSNESS AND MALAISE



# BUT HOW DO WE TAP INTO THAT CREATIVITY?

Through **ACTION**.

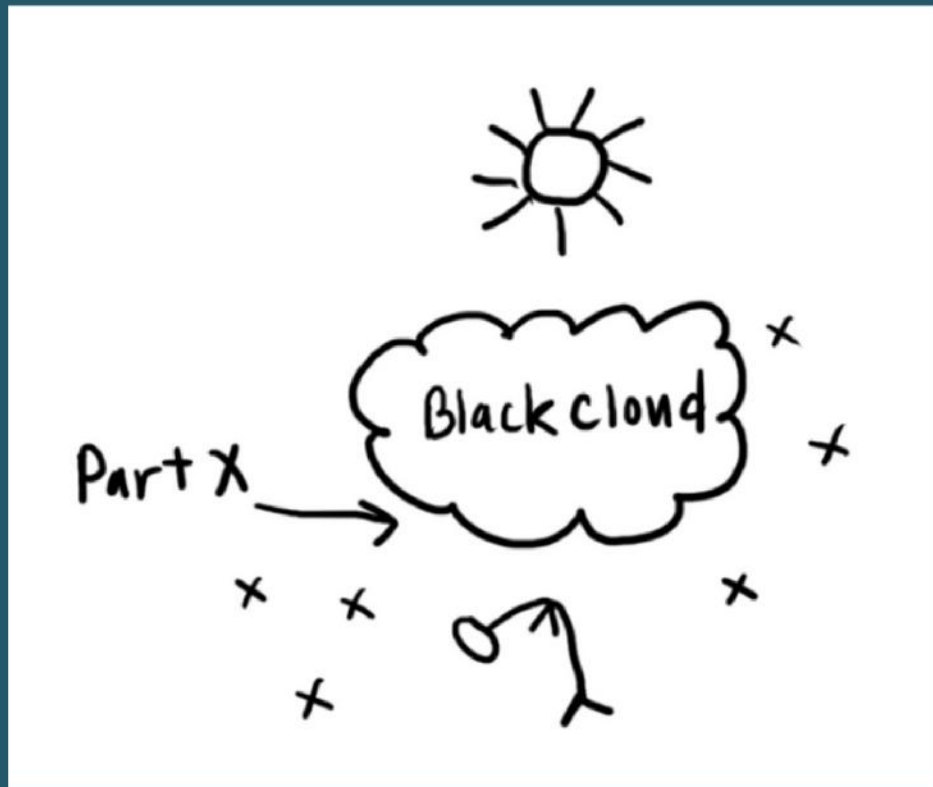
We need to **choose** to use the **life force**, to tap into that “soul” part of us that is the very source of inspiration. It takes work.

Every time we take some small action, no matter how small, we build it. It’s about making the choice to “do the thing” and then watch the synchronicities start happening. It’s like the universe starts conspiring in our favour when we give it the “ok”,

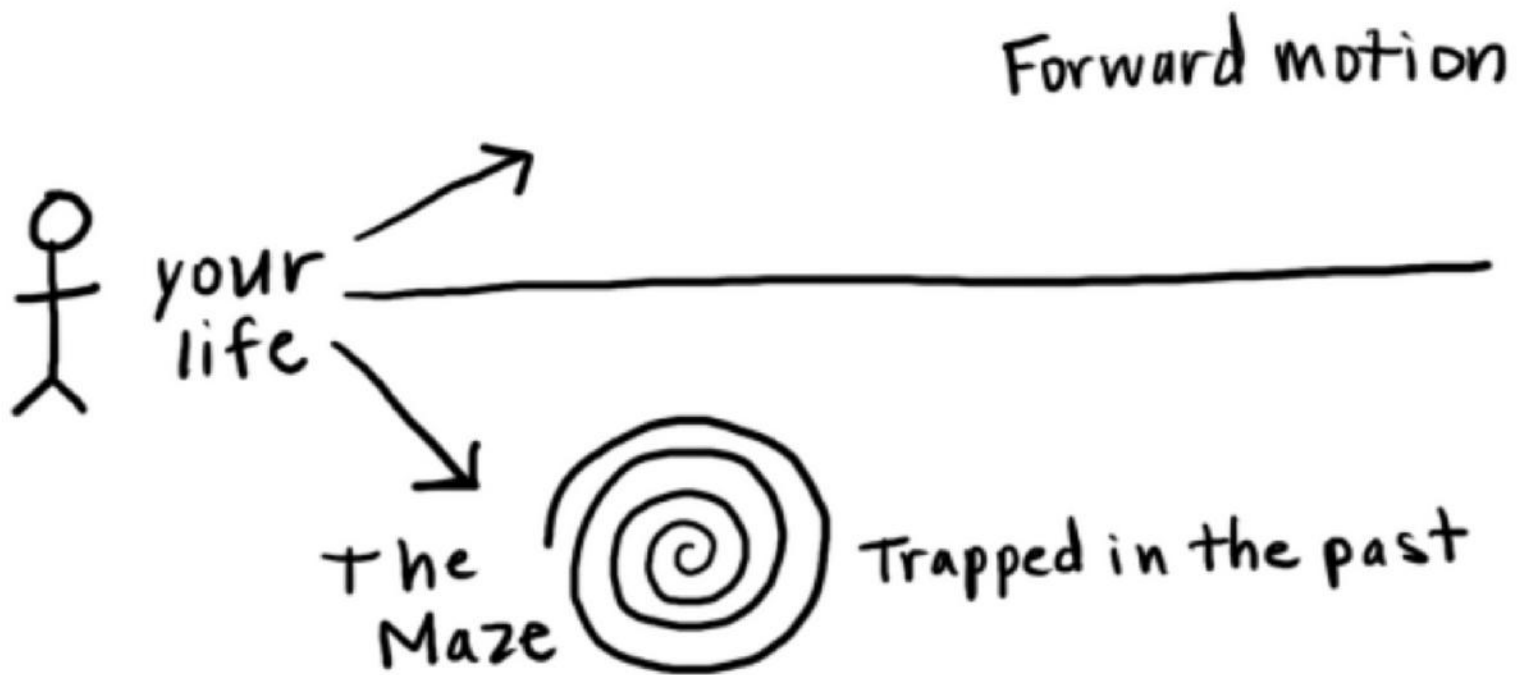


NOW BACK TO

# PHIL STUTZ'S *PART X*



PART X WILL MAKE YOU FEEL THAT A BAD DAY IS A REFLECTION OF A "BAD LIFE". BUT THE SUN IS ALWAYS THERE BEHIND THAT DARK CLOUD TRYING TO BREAK THROUGH.



*This* is what it feels like.

A PRODUCT OF PART X IS BEING CAUGHT IN WHAT STUTZ CALLS **THE MAZE** — BEING **TRAPPED IN THE PAST**.

OUR INABILITY TO FORGIVE SOMEONE OR SOMETHING BECAUSE WE WANT “FAIRNESS” PUTS OUR LIFE ON HOLD.

SO INSTEAD OF **MOVING FORWARD**, WE BECOME TRAPPED IN THE MAZE AT A STANDSTILL.



EVERYTHING IS WITHIN OUR GRASP

# THE RANGE OF HUMAN POTENTIAL IS *LIMITLESS*

When we become single moms, life shows up as an experience of limitation, roadblocks, impossibilities etc. **But this is the illusion.**

We know intellectually that human potential is limitless. We aren't so special that only WE have been given unfair burdens to prevent greatness from touching us.

## **IMPORTANT!**

We can't develop this potential BEFORE we see what we have potential for. Passion is your flashlight, and to find it, we **MUST** start moving forward,



UNDERSTAND THE FORCE YOU'RE UP AGAINST

Enthusiasm *isn't*  
enough.





# YES, WE KNOW IT'S *BAD FOR US*

**When you aren't aware of this counter force, growth becomes impossible. THIS is how we stay stuck.**

Part x's goal isn't to kill you, it's just to keep you stuck and to scare you from reaching your goals. It's the opposite of your *spirit*.

## PART X'S JOB IS TO CREATE UNHAPPINESS

Enthusiasm is when you feel the spirit part of you momentarily. It drives you in the direction of your dreams, and then as though you've run out of gas - you suddenly stall. Enthusiasm lights a fire in the beginning, but you need something **stronger** to keep going.

You need to tap into the way you feel. This is where we start tapping into the unlimited energy. But wait, part x has another tool it uses against us - **UNNECESSARY PAIN**.

### NECESSARY PAIN

Part of the human condition. It warns us that our survival is at stake, and to take action in our lives. It's grief, frustration, setbacks in life, sadness etc.

### UNNECESSARY PAIN

This is generated by part x and is what makes life seem harder than what it needs to be. It's purpose is to create unhappiness.





WHERE TO LOOK FOR

YOUR *VERSION* OF  
PART X

# It could look like *this*

PURSUING A GOAL? WHO DO YOU THINK YOU ARE?

TOO BAD IT'S JUST OUT OF REACH FOR YOU.

YOU SHOULD REALLY GIVE UP

HITTING A WALL

**IMPOSSIBLE!**

*look for anywhere you might have irrational fears*



START BY PICKING A PLACE IN LIFE WHERE  
YOU FEEL HELPLESS - **LABELLING**

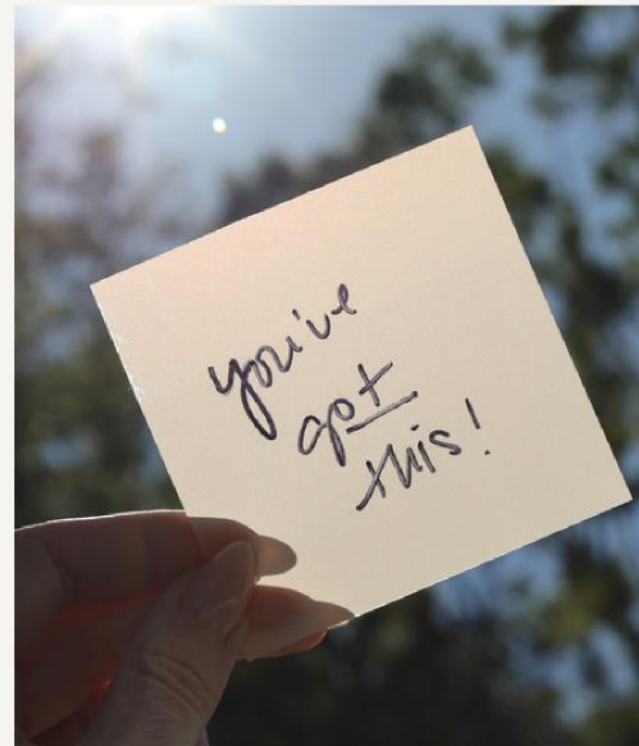
*You stop part x by  
catching it  
in the act.*

By identifying these places you feel stuck,  
you catch part x in the “act”, and prevent it  
from gaining momentum.

Every time you label it, you separate yourself  
from it. The PART of you that is doing the  
labelling is your **SOUL**.

The more you label, the more you activate  
your soul, and the stronger you become.

**This is when you start seeing your way out  
of impossibility.**



*we know it's there, we've labelled  
it, now we have to accept it.*

# *so now you know how to catch "X"*

Don't even think of killing it. You can't.

Accept the fact that it's part of you.

But, just because it's part of you  
doesn't mean it needs to control you.



“Just because the struggle is endless, doesn't mean it's meaningless.”

WITHOUT THE DOWNWARD  
MOVEMENT, WE DON'T GROW.

Every single time we get dragged down and come back up, we get more powerful. But now we know that getting dragged down is part of life and we have every opportunity to rise up.



*So now back  
to the idea  
of exhaustion*

THIS IS PART X'S GREATEST LIE





DOES THIS SOUND FAMILIAR?

# I'M COMPLETELY *DRAINED*

*Everyone is demanding a piece of me that I just have in me to give.*

- ▶ I'M HOLDING MY FAMILY TOGETHER WITH SCOTCH TAPE
- ▶ I DON'T HAVE THE STRENGTH TO DO ANYTHING
- ▶ MY ENERGY FEELS LIKE IT'S BEING DUMPED IN A BLACK HOLE
- ▶ THE MORE TIME I SPEND WITH MY KIDS, THE MORE THEY'LL WANT ME TO DO

# “How did you get here? It didn't just happen over night.

WHEN DID THE EXHAUSTION BEGIN?

I **wasn't always this way**. I was excited about life, excited to see my friends and saw life as an adventure. I felt like there were no limits.

Then, I began pregnant. Shortly thereafter, the abuse started. The physical demands of growing a human weren't enough. The cruel and demeaning treatment of my ex drained me of the last bit of energy I had. Always preparing to be yelled at, my only reprieve was to sleep.

Wanting to conserve anything I had left, I pulled away from my friends. I was ashamed of my situation and “disappeared”. The only time I felt good was when I was asleep.

I felt like I was in a boat that was sinking and I wanted to throw everything overboard to stay afloat. I was throwing away my **connections to the world**.





WE DON'T REALIZE THAT

*The* AMOUNT OF  
*energy we have*  
DEPENDS ON  
*our relationship*  
WITH THE  
*world*

REMEMBER

# Part X weaponizes fatigue

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WHEN YOU'RE EXHAUSTED, it's impossible to believe there's a way out. Every time an inner voice tells you that you don't have the energy, you don't need to do this, you're not up to it - it's part "X" talking to you under the guise of being protective. What once kept you safe, has now become maladaptive.

The part of you that is keeping you and your family SAFE is the same part that doesn't want you to push beyond self imposed limitations.

## What's my version of this temporary paralysis?

Close your eyes and visualize a situation where you have to do something but don't have the energy. Feel the feeling of impossibility and depletion. But wait, you see a convenience store full of energy drinks, coffee and snacks.

**WE'RE SO USED TO THIS WE DON'T THINK  
IT'S A PROBLEM.**



# Classic Part X

- ① Leads you to **problem** you don't have to have
- ② The problem is lack of energy because you've **disengaged** from the world.
- ③ Guides you to a **solution**, addictive use of substances, that make the problem worse.
- ④ **Rinse, lather, repeat.** You require more and more substances just to stay awake.

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# THE PRICE OF LOW ENERGY

01 Everything feels more difficult, if not impossible,

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02 The people you don't meet, the places you don't go and the things you don't do.

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03 You lose a sense of self - the part that answers the question "who am I?"

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04 You float through life without direction or conviction.

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05 You lose the ability to dream and see your future. You don't dream big because you don't have the energy to make anything happen.



JUST THINK

HOW MANY  
*opportunities*  
HAVE YOU  
MISSED?



# *You* can't sustain relationships

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SUSTAINING RELATIONSHIPS REQUIRE ENERGY.







*the lie that keeps us stuck*



YOU ONLY GET A  
*certain amount* OF  
ENERGY. ONCE IT'S  
*gone*, THERE'S  
NOTHING LEFT.

*this becomes a self fulfilling  
prophecy*

WHEN WE'RE IN LOW  
ENERGY STATES

OUR FOCUS IS ON  
SURVIVAL, NOT  
GROWTH





THE RULES OF ENGAGEMENT

# *The Rules of* Engagement

WHEN YOU'RE ENGAGED WITH LIFE,  
YOU'RE ALIVE. **ENGAGEMENT CREATES  
ENERGY**

# To be engaged is to immerse yourself in life.

Are you just **going through the motions**?

**Engagement is reaching out to the world on your own initiative.**

You feel more alive and this feeling creates energy.

You can use this newly created energy to engage further.

**BUT HOW DO WE MAKE THE INITIAL DEPOSIT**

You want to re-engage in as many areas  
as possible.



## THE PARADOX OF ENGAGEMENT

To generate more energy you need to engage with the world. But to engage with the world, you need more energy.

# *Physical v. Spiritual Energy*

### YOU WANT TO ENGAGE, BUT DON'T HAVE ENOUGH

You can run out of physical energy. That's what exhaustion is. Spiritual energy isn't from your physical body. It is limitless and the solution to the paradox of engagement.

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### WHATS THE ANTIDOTE?

We can tap into spiritual energy whenever we want - if we know how. We see those people who have this unmistakable enthusiasm for life. Their bodies are not a factor.

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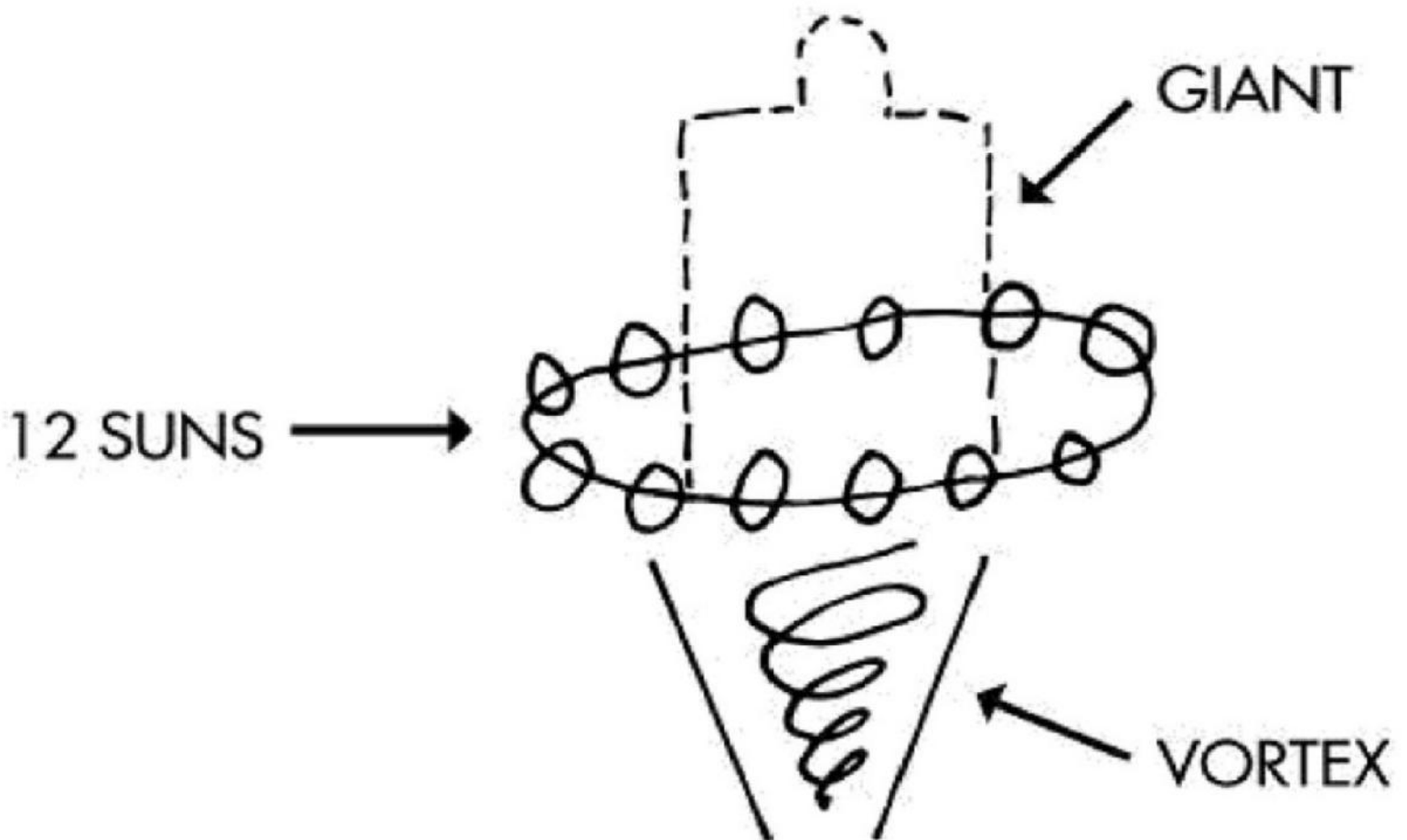
### YOU DON'T CREATE THIS ENERGY YOU ACCESS IT

It's not important what you call it - the source, the quantum field, God, non-material energy etc. What matters is how to use it.

To access the  
infinite you have  
to *move like it does*  
- at a slow, steadied  
pace.



THIS IS THE TOOL  
*called the*  
VORTEX





# *the vortex*

Overwhelmed? Exhausted? Don't have the energy to move forward in life? When life feels impossible, try **The Vortex**.

Fatigue is one of Part X's most lethal weapons. If you're too tired, you don't do the things you want to do—from exercising to writing that book to spending time with family and friends.

The Vortex combines two age-old symbols in a new way: **the Sun** (a source of endless energy) and the **number twelve** (traditionally the number of completeness) to tap into a deep well of spiritual energy available to everyone.





## CUES TO USE THE TOOL

- When you're stuck and there's **no gas left in your tank**. You may recognize this because you feel paralyzed, unable to concentrate, or overwhelmed—any time you're unable to move forward in life.
- When you're overwhelmed with small demands. Life can be busy and often requires that we transition from one thing to the next many times in a day. The Vortex can give you the energy to make these **transitions** in a way that doesn't leave you depleted at the end of the day.

# *The Tool in Brief*

## 1. VISUALIZE TWELVE SUNS

See them in a circle lined up directly over your head. Summon the Vortex by silently screaming the word “help” at the circle of suns with focused intensity. This will set the entire circle of suns spinning, creating a gentle tornado-shaped vortex.

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## 2. RISE

Relax and allow your body to become one with the vortex. Feel the pull of the vortex as it lifts you up through the circle of suns.

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## 3. GROW

Once you're through the circle, feel yourself grow into a giant with unlimited energy, moving slowly but deliberately through the world without any resistance.

# *The 4 most common ways lack of energy shows up*

01

## **PARALYSIS**

Your physical body feels too heavy too move. You feel used up. Don't try to force yourself. Feel the gentle energy above the ring of suns and do the vortex.

02

## **SPACING OUT**

You've lost your connection to your body. You feel like your mind is wandering, can't concentrate and as though you're drifting. Focus the vortex on bringing you back into the present.

03

## **FEELING OVERWHELMED**

The kids need to be picked up, you can't pay your bills, everyone is demanding something from you. Don't speed up. You need calm, focused movement forward. Use the vortex to connect you to the calm energy.

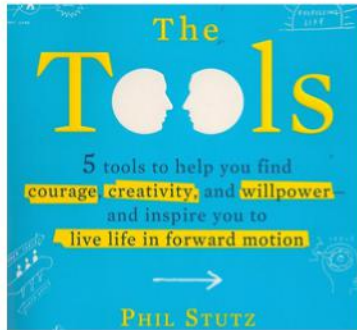
04

## **TRANSITIONS**

Every step feels like a fight. Every time life makes a demand, no matter how small, they add up. The effort to move from 1 event to the next takes a huge amount of energy (inertia). The focus is "just keep going".



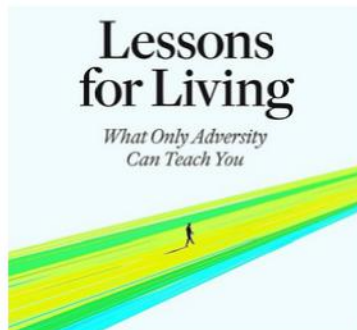
# Books *by* Phil Stutz



## THE TOOLS

Learn to bring about dynamic personal growth using five uniquely effective tools—from Barry Michels and Phil Stutz, subject of the Netflix documentary *Stutz*, directed by Jonah Hill.

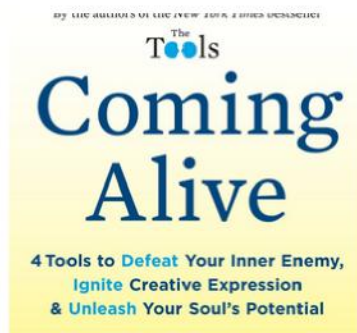
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## LESSONS FOR LIVING

Profound essays that cut through the messiness of life to help you get the good from the bad.

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## COMING ALIVE

For anyone who's ever felt demoralized, addicted, drained of energy, or victimized, this bestseller identifies the patterns of behaviour that hold us back and presents a tool for each that allows us to break free and realize our full potential.