



## FIERCE WEDNESDAYS

Hey FIERCE Mother,

Welcome to FIERCE Wednesdays newsletter, where I provide weekly tips to help mothers fulfill their purpose without guilt or burnout in four minutes or less. Each tip will fall into one of my six-step FIERCE methodology steps. Click [here](#) to learn more about the FIERCE methodology. This week's tips fall into the F for "First Things First."

I was honored to be the commencement speaker at Bay Atlantic University's graduation last Friday, May 12, in Washington, D.C. It was a fantastic opportunity to share nuggets of knowledge and inspire others, and I am very grateful for the chance to be part of a special moment in the graduates' lives.

I spoke about everyone being unique, with our talents, skills, experiences, and perspectives that make us who we are.

The message I shared with the recent BAU graduates is a message that is relevant to everyone.

There is no YOU like YOU. No one can do YOU like YOU. YOU are the Chief Executive Officer of YOU Inc. Your life is the enterprise of YOU Inc., and YOU are the CEO.

As part of the theme of discovering your uniqueness and setting yourself apart in a crowded world of 8 Billion people, I shared three nuggets of advice:

### **1 - Try New Things**

Try new things. Be daring and do the things that embarrass you. The more you do these things, the more it will remove the fear of other people's opinions. Achieving the goals that you dream about takes time. It truly is a journey. Part of the delay in accomplishing your objectives could be the fear of judgment or worrying about what others may think about what you create. It certainly was an issue for me. It was hard, but I learned to care less about how others viewed me. Trust me—everyone is too busy worrying about how others view them, and they don't care about you and your journey.

### **2 - Be Ok with the fact that you will make mistakes.**

Making mistakes is a natural part of the learning process, and it can be a valuable way to gain experience and knowledge. You can learn what doesn't work by making mistakes and using that knowledge to improve your approach.

With mistakes, maintain a growth mindset. Rather than getting discouraged or giving up when you make a mistake, try to view it as an opportunity to learn and grow. By embracing a growth mindset, you can approach challenges positively and be willing to learn from your experiences.

### **3 - Live Your Life Without Regrets**

I referred to a blog by Bronnie Ware, based on her book, [The Top Five Regrets of the Dying](#). This book about living shows us that it is possible for everyone if we make the right choices, to die without the top five regrets.

Stay FIERCE. I love you,  
Ugochi

PS > Today's episode on the FIERCE Mother's Podcast, "**Breaking the Mold: Unconventional Pathways to Achievement.**" I speak with the inspiring Sandra Obinna, Founder of Inspire Events. Sandra has taken a non-traditional path to success, and we discuss her philosophy on success and determination. Her grit, tenacity, hard work, and consistency are admirable.

This was a good one with some powerful nuggets.

To listen to [episode 51](#) on your favorite podcast platform, click [here](#).



**Whenever you're ready, there are two ways I can help you:**

**1. The FIERCE Catch Fire Kit** - The kit is [live](#)! What if you could be the mother your family needs without putting your dreams on the back burner? Your goals still matter; going after them is possible without neglecting your family. I'll show you how. Your purchase makes a difference! 15% of all bundle proceeds go

toward my non-profit project helping vulnerable children in Nigeria. Click [here](#) to learn more.

**2. If you would like a more customized and personalized approach,** it would be my absolute pleasure to work with you 1:1. Reply to this email or [book a call](#) and let's [chat](#).



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