



## 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. For example, this week's newsletter falls into the **I** for "**I AM**" part of the methodology.

The **I** for **I AM** is one of my favorite parts of the FIERCE methodology. As mothers and women with many responsibilities and pulled in different directions, it can become easy to lose a sense of who we are. We may become discouraged when we hear the many voices of the world that tell us how we should look, how much we should be earning, how much of a "boss mom" or "FIERCE mom" (Ha!) we should be.

But understanding how we are uniquely designed and honoring that design is critical in this age. We are divinely

designed with complex layers and hidden treasures that start to be revealed as we evolve and become more of who we are.

As part of exploring who we are, comes the power of speaking over ourselves with positive declarations.

The Oxford Dictionary defines a declaration as “a formal or explicit statement or announcement.”

Joel 3:10 says, “Beat your plowshares into swords, and your pruning hooks into spears, let the weak say, ‘I am a warrior.’” The weak are to **say** they are warriors.

Rather than a “name it and claim it” technique, declarations are a powerful way to focus on our gifts and build our confidence and faith.

Here are some declarations I will be speaking over myself in the coming days, and I hope you will too.

***“I am one of a kind, crafted from the finest of materials. My brain is sharp, my mind is clear. I have everything I need to tackle challenges. I am royalty; therefore, every decision I make, every action I take, and every word I speak aligns with my royal status.*”**

***“I am a woman of excellence and function according to my original design. I do not deviate from the path that is uniquely mine. I am content with this path and travel on my journey with curiosity and trust, knowing that my destination is expected and glorious.”*”**

Did you count the number of “I AM” statements?

Stay FIERCE. I love you,

Ugochi

PS > In today’s captivating episode, I delve into the fascinating world of names, their significance, and the intriguing stories they hold with my guest Juliana Ogechi Onyenani.

Juliana Ogechi Onyenani is a London-based storyteller, writer, and producer of the “No Shame In My Name” podcast, documenting the stories and meanings behind names.

She is curious about people, and the humanity in their complex characters, which ultimately stems from their complex yet beautiful stories.

Juliana currently resides on the outskirts of London.

Juliana shares her insights based on the various people she has hosted on her podcast from around the globe. In addition, she discusses her interest in exploring the stories behind the naming of businesses and establishments.

Join us for this captivating episode as we journey across cultures, exploring the influence and importance of names in our world.

To listen to [episode 52](#) 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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