



## Three Basic Steps to Take When Overwhelmed

Hey FIERCE Mother,

Welcome to FIERCE Wednesdays newsletter, where I provide a tip every week 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.

The theme for this week is taking the next step when you feel overwhelmed.

Do you have so much on your plate and need help figuring out where to start? Do you feel paralyzed by the sheer number of tasks you must accomplish? If so, you are not alone. Feeling

overwhelmed is a shared experience. You can take steps to overcome this feeling and move forward with clarity and purpose.

**1. Acknowledge your feelings** - The first step is to acknowledge and accept your feelings. For example, it's okay to feel overwhelmed sometimes. It's a natural response to stress and pressure. Once you recognize your feelings, you can begin to take action.

**2. Celebrate what you have accomplished** - This is a simple but effective way to calm anxious thoughts surrounding all the tasks that are piling up. Take a moment and mentally check off the tasks you have accomplished and celebrate what you have done. Checking off the completed assignments helps you feel more efficient and capable of tackling outstanding tasks.

**3. Prioritize** - The next step is to prioritize. When you have a long to-do list, it can be challenging to know where to start. However, by prioritizing your tasks, you can break them down into manageable pieces. One way to prioritize is to list all your tasks and then rank them in order of importance or deadline. Ranking in order of priority will help you focus on the most critical tasks first.

Remember, feeling overwhelmed is normal, and asking for help is okay if you need it. Be kind to yourself, celebrate your accomplishments, prioritize, and break down tasks. By doing so, you can overcome feeling overwhelmed and take the next step toward your goals.

### **Quote on Feeling Overwhelmed**

*"Feeling overwhelmed is a sign of progress. You're stretching yourself beyond your current limits, and that's a good thing."* - Brian Tracy.

Stay FIERCE. I love you,

Ugochi

PS > Today on the podcast, I chat about my perspective on Leadership. Then, using stories from my life, I share some of the leadership lessons I have learned and what qualities and characteristics have shaped my approach to leadership.

Leadership is inspiring and motivating a group to achieve a common goal. Effective leadership requires communication, decision-making, empathy, and vision. A good leader can inspire people to do their best work and help a team reach its full potential.

There are many different leadership styles, and what works best for one person or situation may not work for another.

Leadership isn't limited to politicians and C-suite executives. Anyone with a sphere of influence, whether family, friends, colleagues, or peers, is a leader.

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### **Great News!!!!**

Next week I will be relaunching my first book, **FIERCE Mothers - Create the Life of Your Dreams**. The book will be available in Paperback, Kindle, and Audio.

I will make the link available.

Watch this space for new developments on offerings in the coming weeks.



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