



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.

I just got back from a fantastic time in the Seychelles.

One of my favorite days was when we took a boat to the island of La Digue and rented bicycles to explore the island. I had not planned on this and had visions of sitting comfortably on a bus with a tour guide.

At first, I was very hesitant. I mean, I hadn't ridden a bike in decades. I wouldn't possibly be able to maintain my balance.

At first, it was a little shaky and uncomfortable, but after a while, the feeling of freedom and joy of riding a bike returned, and I had the best time ever.

Then I started to think about how this experience is similar to our dreams.

Is there a dream that you've abandoned or set aside for one reason or another? It could be a childhood dream of becoming an astronaut or a recent desire to start a business. Whatever it may be, I encourage you to pick it up again.

We may feel unsure or hesitant at first, but with determination and effort, we can reignite the passion we once had for our aspirations.

As the saying goes, "You don't forget how to ride a bicycle," and the same can be said for our dreams. Just because we may have put them on hold or given up on them doesn't mean they are gone forever. Like a bicycle stored in a garage for years, our dreams may need some dusting off and maintenance, but they are still waiting for us.

We can take small steps toward our goals. Like learning to ride a bike, we can start with the basics and gradually work our way up. The accomplishment and joy that comes with achieving our aspirations are worth it. So, let's dust off our dreams and start pedaling toward our goals.

Stay FIERCE. I love you,

Ugochi

PS > Today, I discuss goal setting on the FIERCE Mothers podcast. I talk about the importance of clearly defining what you want to achieve and breaking it down into smaller, manageable steps that can be measured and tracked. Whether you're looking to set personal or professional goals, the

strategies and insights shared in the episode can help you to clarify your vision, stay on track, and achieve your desired outcomes.

To listen to [episode 48](#) 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 (Coming Soon) - 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.
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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