



## 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.

Today we are talking about the beauty that comes out of brokenness. This falls into the **I** for "**I AM**" because understanding the role of brokenness in shaping us into who we are will have a powerful impact on how we see ourselves after a period of brokenness.

Kintsugi is the Japanese art of repairing something broken with gold, with the understanding that the object is more beautiful because it has been broken. This traditional art combines broken pottery fragments with a precious metal – liquid gold, silver, or lacquer dusted with powdered gold. Once fixed, the piece of pottery will not be the same as it was before.

But why is it considered better? Indeed beauty is in the eye of the beholder.

It is better because the repairs with precious metal introduce something of value that was not there before it was broken while still highlighting the broken areas. Beautiful scars, if you will.

How does this beautiful art relate to our lives?

A period of brokenness can be incredibly challenging and painful, but it can also catalyze transformation and personal growth. Here are three ways in which a period of brokenness can lead to a more beautiful life:

1. **Building Resilience:** Going through difficult experiences can build resilience and inner strength. Adversity often pushes individuals to confront their fears, learn to adapt to change, and develop coping mechanisms. Overcoming challenges can enhance self-confidence and provide a strong foundation for personal growth.

2. **Creative Expression and Transformation:** Brokenness can inspire creativity and self-expression. It can pave the way for artistic endeavors, writing, or other creative outlets that allow individuals to process their emotions and experiences. Engaging in these activities can bring healing and lead to personal transformation.

3. **Finding Purpose and Meaning:** Amid brokenness, many individuals journey to discover their purpose and find deeper meaning in their lives. This search for meaning often leads to personal growth, as it involves aligning one's actions and aspirations with a greater sense of purpose and contributing to something beyond oneself.

So if you have been through a challenging period that has left you feeling broken, please be encouraged. There is beauty that is revealed as a result of pain.

## **QUOTE OF THE DAY**

“The vessel was broken, and the potter made it again as it seemed good to him.” Jeremiah 18:4

Stay FIERCE. I love you,

Ugochi

PS > In today's FIERCE Mother's podcast episode, I talk to Malobi Achike, Founder and CEO of DEI Directive.

Malobi is an attorney and ardent diversity, equity, and inclusion ambassador. She is passionate about working with organizations to usher in changes that sustainably impact the Diversity, Equity, and Inclusion (DEI) efforts. This passion led Malobi to launch her own Tech startup, DEI Directive. DEI Directive helps organizations take the guesswork out of the DEI management process by giving them real-time and comprehensive access to DEI data to manage and drive results at the organization effectively. Before her role as the Founder and CEO of DEI Directive, Malobi spent over 15 years working in corporate legal tech and private practice spaces. She also has excellent business experience in the African and Asian markets. She is a problem solver through and through and enjoys connecting people to solutions and resources.

Malobi has been quoted as saying, "Diversity is a business imperative. After all, we get closer to excellent output when more have a seat at the table with full access to participate, and their contributions are, in turn, welcomed and accepted."

In this episode, Malobi explains the Importance of DEI in fostering a fair and inclusive society, the difference between equity and equality, and examines the role of intersectionality in achieving true inclusivity.

To listen to [episode 53](#) 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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