



FIERCE WEDNESDAYS

Hey FIERCE Mama,

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's theme is around feelings of Inadequacy.

Do you ever find yourself questioning your worth, intelligence, or confidence? It's not uncommon to experience these feelings from time to time. However, if these thoughts persistently weigh

you down, you may be putting overwhelming pressure on yourself to measure up. This can be immensely frustrating and bewildering. After all, if we've followed the "right" path and done all the "steps" to success, why do we still feel inadequate?

The truth is, the goalpost for "enough-ness" keeps shifting. It can feel like we never quite measure up, and in trying to measure up, we deprive ourselves of the opportunity to embrace and enjoy our lives truly. We start to lead a life of striving, which can lead to burnout.

Here's how, on our journey, we might lean into who we are becoming, not what we are achieving:

1 Stop Comparing Ourselves to Others: Each one of us is on a unique path, and comparing our progress to that of others is like comparing apples to oranges. Remember that your journey is personal and cannot be measured against anyone else's.

2 Celebrate Our Victories: When feelings of inadequacy cloud our minds, it's easy to dwell on our missteps and failures. Yet, if we take a step back and recollect the times we've succeeded, we can find the confidence to persevere. Acknowledge your big and small achievements, and let them inspire you to keep going.

3 Imagine the Possibilities: Imagine what life would look like without the doubts and fears holding you back. Picture ourselves basking in the glow of self-love, patience, and empowerment to create and achieve. Embrace this vision and step boldly into the future.

QUOTE OF THE DAY

"Love yourself first, and everything else falls into line. You really have to love yourself to get anything done in this world." - Lucille Ball

Stay FIERCE. I love you,

Ugochi

PS >In today's heartwarming episode of the FIERCE Mothers podcast, I talk to Somachi Kachikwu.

Somachi is an experienced educator who has worked in various roles to build and strengthen the education sector internationally.

She is currently the Curriculum Director at Phoenix TS, where she spearheads the planning, design, development, implementation, and delivery of 21st-century curriculum for the company's clients.

Before this, she worked as a development specialist at Chemonics International and as a program manager at the National Universities Commission, Nigeria.

Soma is also the founder of Gifted Minds Academy and The Learning Box International - both educational consulting firms. She has a Bachelor of Arts in Women's Studies (minor in Global Economics), a Postgraduate Diploma in Educational Leadership, and a Master of Arts in Gender Studies & International Development.

She is pursuing a Doctorate in Education focusing on improving access to education in rural communities.

Soma is also a children's book author and co-founder of the Books and Desserts Book Club.

We chat about her mission to transform education in rural African communities, her global book club, her life as a children's author, and the challenges of raising four boys as a single mother. If you need encouragement, this episode is so heartwarming and inspiring.

To listen to [episode 54](#) on your favorite podcast platform, click [here](#).

INTRODUCING THE



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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