



## FIERCE WEDNESDAYS

Hey FIERCE Mama,

Welcome to the FIERCE Wednesdays newsletter, where I provide weekly tips to help burned-out moms find purpose and love life through my FIERCE methodology 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.

This week's newsletter falls into two categories of the methodology - the **I** for "**I AM**" and the **E** for "**ENGINE**".

Greetings from sunny Sozopol, Bulgaria, where I have been spending a few days with close family.

Sozopol was a little off the beaten path and not one of those places that sprang to my mind immediately as a holiday destination. However, it is a charming coastal town in southeastern Bulgaria situated on a rocky peninsula in the southern part of the Bulgarian Black Sea coast. Sozopol is known for its rich history, beautiful beaches, and picturesque architecture.

One of the main attractions in Sozopol is its charming Old Town, known as the "Old Sozopol." Its narrow cobbled streets, traditional wooden houses, and ancient fortress walls create a unique and picturesque atmosphere. The Old Town is home to numerous art galleries, museums, and churches.

This has been a time of reflection, self-discovery, and eating, too.

Speaking of self-discovery, I just finished an audiobook titled "The Search for Significance" by Robert McGee. I found a strong connection between emptiness and a lack of understanding of who we are in this book. As a result, I have been reflecting on how a knowledge of self better prepares us for resilience, avoiding burnout, and self-care.

The main lesson I received from "The Search for Significance" is that true significance and fulfillment in life can only be found through recognizing and accepting one's inherent worth as a human being, created and loved by God. McGee emphasizes that many people search for significance in various external factors such as success, wealth, relationships, or achievements. Still, these pursuits often leave them empty and unfulfilled.

McGee argues that the root cause of this emptiness is a lack of understanding of one's true identity and worth.

Understanding our true identity and worth, including our thoughts, emotions, strengths, weaknesses, values, and needs, allows us to make informed decisions and take actions that promote our well-being.

Here are three main ways that knowing ourselves contributes to self-care:

1. **Self-compassion:** Understanding ourselves helps us develop self-compassion, which involves treating ourselves with kindness and understanding during difficult times. By acknowledging our vulnerabilities and being compassionate toward ourselves, we can better care for our emotional well-being.

2. **Aligning with values:** Knowing our core values allows us to make choices that align with who we truly are. Making choices that align with our values promotes a sense of fulfillment and satisfaction as we live following what truly matters to us.

3. **Effective communication:** When we know who we are, we can communicate our thoughts, feelings, and needs more clearly and assertively. Clear communication enables healthier relationships, as we can express ourselves authentically and set boundaries when necessary.

## QUOTE OF THE DAY

***"Knowing yourself is the beginning of all wisdom."*** - Aristotle.

I hope this inspires you on your journey to deeply understanding and knowing yourself.

Stay FIERCE. I love you,

Ugochi

# 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](#).



UGOCHI ONYEWU

AUTHOR • SPEAKER • THOUGHT LEADER

📞 301.327.4485 📷 in ✉️ 🌐



FIERCE  
mothers

## **FIERCE Mothers**

8720 Georgia Ave, Silver Spring  
United States of America

You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)

