



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 the **E** for "**Execution**" category of the methodology.

This week's newsletter is crafted to inspire and empower you as we embark on the second half of the year. It's a time similar to the end of the year but different because we still have six months to celebrate our progress, tweak our approach, or pivot

if we are on the wrong path. Let's use this time to reflect, reset, and reignite our passion to reach new heights.

Here are some actions we can take over the next few days to prepare for the second half of the year:

▣ **Reflect on Your Progress** ▣

Take a moment to pause and celebrate how far you've come since the beginning of the year. From your achievements, big and small, to the lessons you've learned along the way, celebrate life and its lessons. Every step forward is worth celebrating.

▣ **Set Clear Intentions** ▣

Envision the person you aspire to be and the goals you want to achieve by the end of the year. Define clear and actionable steps to bring these intentions to life. Break them down into smaller milestones to stay focused and motivated.

▣ **Take Consistent Action** ▣

Dreams and intentions alone are not enough; action is the key to manifesting them. Commit to consistent daily action based on the goals that you have set. Progress may be slow at times, but remember that every step forward, no matter how small, brings you closer to your aspirations.

▣ **Practice Self-Care** ▣

Self Care and avoiding burnout will always be a consistent theme. It is so important to nurture yourself physically, mentally, and emotionally. Prioritize your well-being, as it is the foundation of your success. Fuel your body with nutritious food, exercise regularly, get enough rest, and make time for activities that bring you joy.

▣ **Embrace the Journey** ▣

Success is not only about reaching the destination but also about the experiences, lessons, and growth you encounter along the way. It is also about the person that you become along the way. Embrace the journey, for it is in the process of becoming that you genuinely find fulfillment.

Remember, FIERCE Mamas, this second half of the year is yours to thrive and live in joy. We can make these next six months our most incredible and transformative yet.

QUOTE OF THE DAY

"Change is the essence of life. Be willing to surrender what you are for what you could become." - Reinhold Niebuhr

Stay FIERCE. I love you,
Ugochi

PS > In today's episode of the FIERCE Mothers Podcast, I talk to Oluwatoyin Ajilore-Chukwuemeka, (Toyin).

Oluwatoyin is an education researcher and professional who works in the convergence of education, social entrepreneurship, policy, and development.

She is pursuing a Ph.D. in STEM Education at Tufts University (Boston, USA), and her research focuses on developing culturally authentic STEM pedagogy models for African higher education that prioritize creativity, unlock critical thinking, and value learner experiences.

As an academic, she has demonstrated a history of creating and researching education models that unlock learners' minds, prioritize their critical thinking, and connect them to their innovative abilities. Having taught as a Lecturer at the University of Ibadan in Nigeria, she is committed to creating education models that prepare African students for the intellectual and problem-solving demands of the 21st century. She has also authored and co-authored multiple research papers focused on education advocacy and teacher development in Africa,

alongside leading professional development sessions for teachers across high and tertiary institutions worldwide.

She is a Research Associate at the Institute of Governance and Economic Transformation. She writes policy briefs that guide African leaders on policy recommendations for transforming education in their countries.

She believes she is a bridge that connects Africa's future as an emerging economy and the capacity of her people to drive this future. She is constantly engaging youths across multiple African countries in developmental work in terms of training, mentoring, and teaching to unlock their capacity to drive the sustainable development of Africa, especially in light of the African Agenda 2063, "The Africa We Want."

In this episode, Ugochi and Toyin talk about Africa as an emerging major global player, becoming before doing and producing the best one can in whatever role they find themselves.

To listen to [episode 56](#), 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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