



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 **F** for "**First Things First**" category of the methodology.

Dear FIERCE Mothers,

Over the weekend, I had the opportunity to watch the movie "The Sound of Freedom," It was a challenging film to watch. Still, its importance cannot be overstated, especially for women and mothers like us who care deeply about addressing the critical and pressing challenges of our time.

"The Sound of Freedom" is a powerful and disturbing movie that sheds light on the grim reality of human trafficking. It delves into the dark world of modern-day slavery and reminds us that we cannot afford to turn a blind eye to this appalling human injustice.

Alarming Statistics:

1. Approximately 27.6 million people are trapped in human trafficking around the world, enduring unimaginable suffering and exploitation. Among them, almost 20% are innocent children who are robbed of their childhood and subjected to heinous crimes.

2. Shockingly, the United States ranks among the top destinations for human trafficking, making it one of the largest consumers of child sex trafficking. This alarming fact should spur us to protect the vulnerable and fight against this cruel trade.

The Call to Action:

As FIERCE Mothers who are deeply concerned about the well-being of our children and society, we must take action against this abhorrent practice. Watching "The Sound of Freedom" is just the first step in raising awareness and understanding the scale of the issue. My heartfelt ask of you is to see this movie if you can. It carries a message that cannot be ignored.

Continuing the Discussion:

Let's continue discussing how we, as FIERCE Mothers, can join the fight against human trafficking. It is not enough to be aware of the problem; we must actively contribute to finding solutions. Here are some ways we can make a difference:

1. Support Anti-Trafficking Organizations: Research and identify reputable organizations that combat human trafficking. Consider donating to support their efforts or volunteering your time and skills. I support and follow the following organizations:

- A21 - <https://www.a21.org>
- Pathfinders Initiative - <https://pathfindersji.org/>
- Operation Underground Rescue - <https://ourrescue.org/>

2. Educate Our Communities: Raise awareness about human trafficking in our local communities. Host workshops, seminars, or awareness campaigns to educate others about the signs and dangers of trafficking. Sharing this newsletter edition with friends and family is a great start.

3. Advocate for Policy Change: Engage with local and national policymakers to advocate for stronger laws and policies against human trafficking. Your voice can make a significant impact in shaping legislation to protect victims and prosecute traffickers.

4. Keep an Eye Out For Suspicious Activity: If you suspect anything or see something unusual, report it to law enforcement or a human trafficking hotline. Prompt action can save lives and prevent further exploitation.

Remember, our collective strength and determination as FIERCE Mothers can make a profound difference in the fight against human trafficking. Let's unite to create a world where everyone can live free from exploitation and injustice.

Let's watch the movie, discuss it with friends and family, and take meaningful action to end human trafficking. Together, we can be a force for change.

QUOTE OF THE DAY

"The only thing necessary for the triumph of evil is for good men to do nothing." - Edmund Burke

Stay FIERCE. I love you,

Ugochi



Whenever you're ready, there are two ways I can help you:

1. The FIERCE Catch Fire Kit – The kit is [available!](#) 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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mothers

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