



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 "**Engine**" category of the methodology.

As mothers, we may occasionally experience a loss of personal identity or struggle with finding fulfillment outside of our roles. Balancing personal aspirations, dreams, goals, hobbies, and

social life alongside motherhood can be demanding, and feelings of inadequacy or a lack of personal fulfillment can arise.

When we feel inadequate, we may speak negatively to ourselves —negative Self Talk. Negative Self-talk may range from joking, self-deprecating remarks like “I am not smart enough to help my teenager with calculus” to harmful words like “You made a mess of that project. There is no chance you will ever get the promotion.”

We all inadvertently have negative thoughts, but when we don't address them each time they arise, they can grow and cause internal stress. This constant stress can wear us down and cause us to lose our optimism for life and struggle with burnout.

Did you know that tackling negative self-talk head-on is a critical approach to self-care and avoiding burnout?

Here are three ways that will help to attack negative self-talk.

▣List it Out ▣

Make a list of the negative things that you believe or say to yourself. I don't mean areas of our life that need attention that we should work on. Instead, these words may range from careless words that we may not even believe, like “I would forget my head if it weren't screwed on,” to lies we have spoken over ourselves so often we consider them to be true, like “I am too 'Insert blank' - (fat, unattractive, dull, lacking talent, out of shape, lazy, old, etc.) Make a list of every negative thing that comes to mind. I want you to take out your journal and pen to do this exercise now. It should not take you longer than four minutes.

▣The Opposite is True ▣

Write the opposite next to each negative word. For example, “***I am too boring***” becomes “***I am so interesting. I know what to say at the right time and what people need. I have favor with men, and the right people find me fascinating.***”

▣Practice Saying Positive Things ▣

How often do we speak positive words or self-affirm? Let's make a practice of speaking loving words over ourselves. For example, verbally pat yourself on the back whenever you complete a task

or avoid saying something you know you will regret. "Self, you handled that situation with such poise and grace. I am so proud of you. You are a woman of power and class."

My prayer for you and me is that we will see ourselves as we truly are - Precious jewels with so much talent and potential built-in. God does not create anything sub-standard. Make a promise to yourself to be intentional about the thoughts and words you speak to yourself. I promise to do the same.

QUOTE OF THE DAY

"Words matter. And the words that matter most are the ones you say to yourself" - David Taylor-Klaus.

Stay FIERCE. I love you,
Ugochi



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

I. 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    



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8720 Georgia Ave, Silver Spring
United States of America

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