



FIERCE
wednesday

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 a few categories of the methodology: **F** for "**First Things First**," **I** for "**I AM**," **E** for "**Engine**," and **R** for "**Relationships**."

Today's world, with its challenges, may often leave us eagerly counting down the days to our next vacation, yearning to escape from our daily routines and responsibilities. While vacations are essential for rest and rejuvenation, what if we could create a life we don't long to escape from? A life that is so

fulfilling and purpose-driven that many days feel like a mini-vacation.

The key to achieving such a life lies in living intentionally. Intentionality is about making conscious choices and aligning our actions with our values and passions. It's about building a life that reflects who we are and what we genuinely want, not a life we think we should have.

Here are four guiding principles to help us create an intentional life:

Define Your Priorities: Start by identifying what truly matters to you. Reflect on your values, interests, and long-term aspirations. By understanding what you want from life, you can make decisions that align with your core values and desires. Then ensure your daily actions and decisions align with your core values. When we live in integrity, we experience a sense of fulfillment and inner peace.

Embrace Gratitude: Practice gratitude daily. Focus on the positive aspects of your life and acknowledge your blessings. Gratitude helps us shift our perspective and find contentment in the present moment. The article [6 Simple Ways To Practice Gratitude Daily](#) teaches us easy ways to live an intentionally grateful life.

Build Meaningful Relationships: Surround yourself with people who uplift and inspire you. Cultivate and invest time in deep, meaningful connections with loved ones, friends, and like-minded individuals. Positive relationships contribute significantly to our overall well-being.

Take Care of Yourself: Prioritize self-care and well-being. Nurture your physical, emotional, and mental health. When we feel good from within, we're better equipped to handle life's challenges gracefully and positively.

Living intentionally allows us to appreciate the beauty and blessings that flow in our lives, making each moment a reason to be thankful.

Let's create a life so intentional that taking a vacation from it becomes an option rather than a necessity.

QUOTE OF THE DAY

"When you live with a vision, you don't need an escape. Your journey becomes the destination." - Robin Sharma

Stay FIERCE. I love you,

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PS > Today, on this episode of the FIERCE Mothers Podcast, I sit down with Dr. Vikisha Fripp.

Dr. Vikisha Fripp, MD, FACS, is a board-certified Plastic and Reconstructive Surgeon and author. She is a respected leader in her field and passionate about empowering others to find personal success and happiness beyond achievement. Beyond her medical career, Dr. Fripp is actively involved in various organizations that promote children's welfare, literacy, and health promotion. Dr. Fripp lives in Washington, DC, with her dynamic 11-year-old daughter and energetic 9-year-old twin boys. Outside of medicine, she enjoys distance running, traveling, reading non-fiction and mystery novels, engaging in world history and religion discussions, and creating new adventures with her children.

Dr. Fripp and I discuss finding happiness beyond achievements, empowering the next generation, nurturing the body and the mind, balancing passion with parenthood, and so much more. This episode was ☐☐

To listen to [episode 58](#), 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 [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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