



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

This week, we explore the art of advancing when it seems like nothing is working, unveiling the hidden dynamics and presenting three powerful strategies to overcome adversity.

In the face of challenges, it's easy to feel discouraged, even defeated. But it's important to remember that a lot is going on that we can't see. Like the quiet build-up of a trickle of water into a mighty deluge, your efforts can yield unexpected results.

Think of progress like an iceberg – the part visible above the water is merely a fraction of the whole. Beneath the surface, many forces are at play: lessons learned, skills acquired, networks established, and ideas germinating. Just because immediate results are elusive doesn't mean that nothing is happening. Sometimes, it's during the quietest moments that the most profound transformations are taking place. Embrace the process, and have faith in the momentum building beneath the surface.

According to the Better Up Article [10 Ways to Overcome Adversity and Thrive During Hard Times](#), There are six types of adversity that you may encounter in your lifetime: Self-doubt, Physical injuries or illnesses, Rejection, Poverty, Losing a loved one, and Struggling to succeed in your selected career (or business).

Overcoming adversity and advancing despite setbacks is a process. Here are three ways that we can continue to move forward, even when it seems like nothing is working:

✂️Focus On What is Working ✂️

Take stock of what in our lives is going well or showing promise and focus on that area. That area may hold clues to breakthroughs in other areas of our lives. For example, we may have set a goal in our personal lives that we can see results from. These results highlight resilience and determination, which we can apply to the areas that may not work.

✂️Embrace a Shift ✂️

When it feels like you're hitting a brick wall, consider a shift rather than surrender. A tweak or a change is not failure; it's trying something different based on the lessons you've learned.

Embrace the shift as a natural part of growth, leading you closer to your ultimate destination.

✂Cultivate Supportive Relationships ✂

Adversity can feel isolating, but we should remember that we are not alone. Surround yourself with a supportive community – your tribe. These people see your potential even when you can't, offer encouragement and constructive feedback, and have words of wisdom to share based on experiencing their storms.

QUOTE OF THE DAY

"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength." - Arnold Schwarzenegger.

Stay FIERCE. I love you,

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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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