



## 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: **F** for "**First Things First.**"

I was born in London many years ago. As a teenager in London, traveling on the London Underground, I often heard two main announcements as the train approached the station and it was about to pull out.

## **“Mind the gap!” “Stand clear of the doors, please!”**

These warnings blaring through the speakers called for vigilance and alertness in the face of a seemingly routine journey.

As I pondered these warnings this morning, I thought about how we can apply this concept to the gaps in our lives and the dangers of overlooking those gaps.

In every life, gaps likely exist – spaces where we can quickly lose footing.

We are often caught up with our daily lives, goals, and dreams, and we may fail to see the gaps. Even if we know some of our gaps, we may not see them as opportunities for introspection and growth. Ignoring these gaps can lead us down a path of stagnation and complacency. We might overlook our personal development, neglect to nurture our relationships, or downplay our inner struggles.

Just as standing too close to closing subway doors can be hazardous, so can failing to stand clear of the doors in our life – doors of limiting beliefs, unhelpful patterns, comparison, and unfulfilling circumstances.

Warnings on public transportation remind us to stay alert and present; we must extend this alertness to all areas of our lives. Mind the gaps in our careers, relationships, and self-awareness. Stand clear of the doors that might trap us with a closed mindset.

There are several ways that we can close the gaps and stay clear of potential doors in our lives due to a lack of perception and our inability to see ourselves, but here are two main strategies:

### **▣ Self Awareness ▣**

In the Business News Daily Article [\*\*“Want to Be a Good Leader? Step 1: Know Thyself”\*\*](#) Self Awareness is the ability to monitor your emotions and reactions. It lets you know your strengths, weaknesses, triggers, motivators, and other characteristics. This

article provides tips for self-awareness, including setting boundaries and practicing self-discipline.

## ▣ **Seek Feedback** ▣

The Harvard Business Review article "[How to Get the Feedback You Need](#)" says, "People who go out and solicit negative feedback — meaning they aren't just fishing for compliments — report higher satisfaction. They adapt quickly to new roles, get higher performance reviews, and show others they are committed to doing their jobs."

## QUOTE OF THE DAY

**"We don't know what we don't know."** - Donald Rumsfeld.

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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