



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. I do this every other week through my FIERCE methodology, which you can read 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. The weekly tips also come through the podcast episode guest highlights on alternating weeks.

Last week, I fell ill with Covid, which I managed to avoid throughout the pandemic and honestly thought I was immune.

The virus took me out, leaving me completely exhausted and lacking motivation. I had little energy to complete my required daily tasks, let alone think, create, and innovate.

It reminded me a lot of hitting a wall. As an ex-marathoner, I am familiar with the term “The wall” during a marathon. The wall is when an athlete (typically around mile 18 - mile 20) suddenly loses energy and feels like they cannot take another step because the body has run out of fuel.

So this led me to think about what to do when we hit a wall on life's journey. These walls are obstacles that slow us down and can even take us out completely. We likely have experienced hitting a wall or staring one in the face. It could, as was my case, be due to illness, burnout, or a traumatic event.

What do we do when a wall is preventing us from moving forward? First, we must remember that hitting a wall or staring one in the face forces us to stop or slow down the pace. It indicates that something needs addressing to help avoid burnout or feeling overwhelmed. We will need to spend time analyzing how we got here. What are some of the warning signs that we may have ignored?

Here are three approaches we can consider for overcoming a wall:

▣ **Climb the Wall** ▣

This approach will require facing the problems head-on to overcome them. Climbing the wall requires a willingness to invest time and effort into finding solutions. It may involve learning new skills and seeking help or guidance from experts.

▣ **Go through the Wall** ▣

This approach will require the patience to break down the challenges and problems into smaller, more manageable pieces that we can address individually. Looking at one big problem can be overwhelming.

▣ **Go around the Wall** ▣

In this case, overcoming the challenges associated with the wall may not be possible, and we may not have what it takes to overcome them. In this situation, pivoting and finding another way to achieve the end goal is necessary.

Each approach to overcoming a wall requires perseverance and a willingness to slow down to achieve our results. Commitment to the end goal will get us there.

SHARE THE LOVE

Can you think of someone who may benefit from these positive weekly words of encouragement? Please forward this email along.

Was this email forwarded to you? [Sign up](#) to receive your weekly dose of encouragement and motivation in your inbox.

FEEDBACK IS A GIFT

Was this email beneficial? Please reply and let me know. Feedback is a gift, so please let me know if there are other ways that I can make this weekly newsletter beneficial.

I read every email.

QUOTE OF THE DAY

"The brick walls are there for a reason. The brick walls are not there to keep us out. The brick walls are there to give us a chance to show how badly we want something. Because the brick walls are there to stop the people who don't want it badly enough." - **Randy Pausch**

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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