



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. This week's theme is around "E" for "Execution."

Can you believe it? We've officially entered the last quarter of the year! It's that time when we reflect on our journey, celebrate our successes, and prepare for an even brighter future.

Here are four things to do to help end the year with a triumphant bang.

▣ **Celebrate Success** ▣

Each of us has achieved incredible things throughout the year. Whether it was meeting deadlines, launching new projects, or simply embracing personal growth, these accomplishments deserve recognition. Let's take a moment to celebrate our successes.

▣ **Audit and Prioritize** ▣

Sometimes, despite our best efforts, some goals may need to be pushed into the following year. That's perfectly okay! Conduct an audit of your outstanding goals and assess which ones are essential to wrap up this year and which can wait. Remember, progress is about continuous forward movement.

▣ **Create a Plan** ▣

As we head into the last quarter, it's the perfect time to take stock of what's left on our to-do list. What goals did we set at the beginning of the year that we can still accomplish? Make a list, and let's create a plan to tackle them.

With determination, we can accomplish incredible things in the next three months. What goals can you realistically achieve by year-end? Set SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals to guide your efforts. Break them down into actionable steps and stay committed.

▣ **Embrace Your Support System** ▣

No one achieves their goals in isolation. In this final quarter, let's consider who can be crucial to our success. Building and nurturing relationships can provide invaluable support, whether it's our spouse, friends, mentors, or colleagues. We should surround ourselves with people who inspire, motivate, and uplift us.

Our spouse might offer emotional support, our friends might provide valuable insights, and mentors can guide us with wisdom. Don't hesitate

to lean on your support system when needed. Together, we can conquer the challenges and seize the opportunities.

Success is not just about the destination but the journey itself. Embrace your accomplishments, set your sights on what's left to achieve, and reach out to those who can help you. With your determination, perseverance, and the support of your loved ones, you've got this!

Don't hesitate to reach out if you want a personalized approach to help you end the year with a bang. Click [here](#) to schedule a quick call with me.

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.

Was this email beneficial? Please reply and let me know. I read every email.

QUOTE OF THE DAY

"Keep your dreams alive. Understand that achieving anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember, all things are possible for those who believe." - Gail Devers.

Stay FIERCE. I love you,

Ugochi

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](#).



UGOCHI ONYEWU

AUTHOR • SPEAKER • THOUGHT LEADER

📞 301.327.4485 📷 in ✉️ 🌐



FIERCE
mothers

FIERCE Mothers

8720 Georgia Ave, Silver Spring
United States of America

You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)

