



## 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.

Did you know that creating a list of goals in isolation can make you feel overwhelmed and defeated?

I have made the mistake of creating a list of goals I believed I could attain and hitting the road full speed trying to accomplish those goals, but

running out of steam and wondering why.

How often have we set ambitious goals, crafted meticulous plans, and charged ahead only to find ourselves stalled, fatigued, and questioning our ability to achieve what we set out to do? If this scenario sounds familiar, you're not alone. Many of us fall into the trap of creating a list of objectives without genuinely understanding the commitment and sacrifice these goals demand.

The excitement of a fresh start prompts us to jot down milestones we wish to achieve. However, without a clear understanding of what achieving these goals entails, we set ourselves up for frustration and burnout.

Here are a few things to consider:

### **The Reality Check: What's Needed and What Must Go**

Goals come with a price tag – not just in terms of effort but often in the form of sacrifices. Understanding the reality of what is necessary to achieve your objectives can save you from feeling disheartened midway.

To bridge the gap between setting goals and achieving them involves assessing the resources, time, skills, and often, the things we must let go or compromise on. It's not just about adding tasks to your to-do list; it's about understanding what you'll need to subtract or adjust to make space for your goals.

### **Redefining Success: The Journey Matters**

We often think of success solely as the attainment of our goals. However, success is equally about the journey, the growth, and the learning that takes place along the way. The hurdles, sacrifices, and adaptations we experience allow us to appreciate and navigate the journey more effectively. Who we become on the journey is more important than what we achieve.

In pursuing our goals, it's crucial to realize that the journey is as important as the destination. Setting goals is merely the tip of the iceberg; understanding the sacrifices and commitments they demand paves the way for a more fulfilling and sustainable path to success.

Let's not merely chase goals but embark on a journey of self-discovery, growth, and resilience, knowing that every step forward is a victory.

### **SCHEDULE A CALL WITH ME**

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.

### **MOMS ON FIRE MASTERCLASS**

**Register** for my [Moms on Fire Masterclass](#), coming up on **Monday, November 13**, at **7 PM EST** and **4 PM PST**.

In this free masterclass, I will teach you to:

**1 Approach life in a new way**; it is never too late to achieve the life of your dreams

**2 Embrace who you are**, which will ground you and make you resistant to other people's opinions.

**3 Activate Self-Care** for maintaining your engine, which is crucial to igniting your flame within.

**4 Develop relationships** by understanding what support system you need and what relationships you should nurture.

**5 Start executing your goals** and understand where you should begin. What is the best way to achieve goals?

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**

**"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."** - Albert Schweitzer

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](#).



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](#)



