



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.

Today, I am circling back on the topic of discouragement, which we talked about in [FW_07](#), which you can read [here](#).

This time, I invite you to consider discouragement from a different lens... perspective.

Sometimes, feeling down or discouraged happens because we don't always see everything that's going on. It's like when you look at a lake, and you can't see what's deep down below the water's surface.

Think about an iceberg—what you see above the water is only a tiny bit of the whole. Most of it is hiding beneath the surface. Just like that, in life, there are many things that we can't see, and they can affect how we feel when it looks like things don't turn out for us the way we hope.

But what can we do when we feel down about things we can't see or understand?

Seek Understanding and Gather Information

By understanding that we don't have the complete picture, we can cultivate a mindset open to learning and exploring beyond the surface. Empower yourself by seeking knowledge and information. Sometimes, what appears murky or complex to understand is simply a lack of insight. By gathering information and learning more about a discouraging situation, we can shed light on the unclear aspects and gain a more comprehensive understanding.

Be Patient

Realize that time often reveals what is hidden. Patience is a virtue when navigating through moments of discouragement. Patience allows for the gradual unfolding of those situations, eventually bringing clarity and understanding.

Just because we can't see what's happening beneath the surface, it doesn't mean nothing is happening. Keep the faith, maintain a positive outlook, and strive for a deeper understanding of your situation.

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.

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

"The best view comes after the hardest climb." - Unknown.

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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