



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.

As we celebrate Thanksgiving tomorrow, I can't help but reflect on the rich history and personal significance of this cherished holiday. Thanksgiving has always held a special place in my heart, and I'm thrilled to share a bit of its history, along with the

three things I am most thankful for - My Faith, my family, and the privilege of serving YOU, my FIERCE Mamas.

Thanksgiving traces back to 1621 when the Pilgrims and Wampanoag Native Americans came together for a three-day feast to celebrate the Pilgrims' successful harvest. This gathering, now recognized as the first Thanksgiving, symbolizes unity, gratitude, and the importance of coming together despite differences. It's a reminder that even in challenging times, there is always something to be thankful for.

The things I am most thankful for are:

Faith: In the hustle and bustle of daily life, my faith in Jesus is a constant source of strength and inspiration. It grounds me, reminding me to be grateful for life's blessings and navigate its challenges with resilience. It is the source of who I am.

Family: The heartbeat of my existence; my family fills my life with love, laughter, and a sense of belonging. Their unwavering support and shared moments of joy make every day feel like a celebration.

YOU: I am deeply thankful for the opportunity to serve such an incredible community. Your passion, resilience, and commitment to making a positive impact inspire me daily.

Together, we are positioned to be all we are created to be and solve some of the world's most wicked problems.

Last night, a large tree fell in my backyard, narrowly missing our home by mere inches. It's a stark reminder that life is fragile, and in moments of uncertainty, the things we hold dear become even more precious. I am grateful for the safety of my loved ones and the reminder to cherish every moment.

Happy Thanksgiving, FIERCE Mamas!

As we come together to celebrate this day of gratitude, let's embrace the warmth of family, the joy of fellowship, and the beauty of a shared meal. May your Thanksgiving be filled with rest, rejuvenation, and the company of those you hold dear.

Wishing you a Thanksgiving overflowing with love, laughter, and a heart full of gratitude.

I'm here to help. If you have any questions, please reply to this email and let me know, or [book a discovery call](#) here. I am happy to explain how this program applies to your specific situation.

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.

QUOTE OF THE DAY

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." - William Arthur Ward

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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