



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.

Hey FIERCE Mama!

2023 has flown by. We're down to the last four newsletters of the year, and I'm sending you a heartfelt thank you for joining me on this incredible journey.

In a recent Instagram post, I shared my reflections on the year, making me appreciate the journey even more. Life has thrown its challenges, but by the grace of God, we've overcome and accomplished so much. I encourage you to take a moment to do the same, acknowledging your resilience and strength.

My 2023 Highlights:

- Overcoming Personal Challenges: Life's obstacles tested my strength, but seeing how much I have grown and how faithful God is is incredible.
- Cultivating Relationships: Nurturing personal connections filled my life with love and support.
- Season 2 of The FIERCE Mother's Podcast: Empowering stories continue to inspire and uplift.
- Book Relaunch: "Create the Life of Your Dreams"
- The "Catch Fire Kit": A toolkit designed to ignite passion and purpose.
- My "Ignite the Flame" Signature Coaching Offer: A 12-Week 1:1 Transformational Coaching Experience.
- Keynote Speaker at Bay Atlantic University's Graduation: A humbling honor and a testament to growth.
- Several Speaking Engagements, including Addressing Burnout for Women in Engineering at Shell Nigeria.
- Exploring New Horizons: Traveling to new places, expanding my perspective.

The message is clear: we can achieve greatness even when it is hard. God provides strength when we need it most.

Before entering the new year, let's take stock of our accomplishments. Celebrate the wins, big or small! Besides, there's still time to accomplish a few more wins before the year ends. The 11th hour is a powerful one.

Here's a FIERCE Year-End Challenge:

Reflect on Your Accomplishments: Take a moment to acknowledge and celebrate your wins.

Set Goals for the Last 25 Days: What can you achieve before the year concludes? Let's make a plan.

Plan for Next Year: Some goals might spill over, and that's okay. Let's create a roadmap for the future.

Would you like to tackle this challenge together? I'm here to support you! [Schedule a call with me](#), and let's map your path to success.

Thank you again for being a part of the FIERCE community. Here's to celebrating the past, conquering the present, and embracing a bright future.

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

"The only limit to our realization of tomorrow will be our doubts of today." - Franklin D. Roosevelt.

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



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