



## 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 focuses on the **E** for **Engine**.

We are in the festive season, with a sense of holiday and excitement. The holidays bring joy, togetherness, and, of course, delicious food that warms the heart and soul.

I have been working hard over the last few months on my nutrition and workouts. With many opportunities to overdo it

this season, I have mapped out a **four-step strategy** to stay centered and healthy amidst the holiday cheer, balancing indulgence and mindful choices. I wanted to share this strategy with you.

### **Step 1: Mindful Indulgence**

One of the season's joys is the opportunity to savor delightful treats. I am a cake girl; I **LOVE** good cake, and I love to bake cakes. This year, I plan to bake a Strawberry Shortcake for a close friend, a Coffee Cake for my daughter, and a Butter Pecan Cake for myself. I understand that balancing enjoyment and health is essential, and the key is planning. The cake slice will be the first entry in my food planner, allowing me to make conscious choices throughout the day and still end the day on track.

Remember, it's not about deprivation but about savoring each moment. Plan your indulgences and relish them without guilt.

### **Step 2: Get Moving**

On the morning of each event or get-together, I will schedule a morning workout to kickstart my metabolism and energize my body for the day ahead. Following the main meal, I plan on taking a leisurely walk. Not only does this aid digestion, but it also provides a refreshing break and a chance for fresh air and to appreciate the festive decorations and lights.

### **Step 3: Hydrate**

Hydration is vital to fully enjoying the festive season. In addition to planning my indulgences, I will stay well-hydrated by drinking half my body weight in ounces daily. This simple yet effective practice supports my overall well-being, aids digestion, and ensures I feel my best.

I plan to start the day with a refreshing glass of water and keep a water bottle handy throughout the day, making hydration a seamless part of the celebrations.

### **Step 4: Moments of Personal Retreat**

Amidst the holiday hustle and bustle, I must carve out moments for self-reflection and rejuvenation. I will take intentional breaks to pray, meditate, and reflect on the year. Amid social gatherings, I will seek a quiet corner to recharge my spirit, ensuring my soul is as nourished as my body.

So FIERCE Mamas, as we enjoy the holiday festivities, remember that life is for living. Relish the season's joy without feeling deprived at every party and get-together. Be intentional about maintaining the healthy lifestyle you've worked so hard at throughout the year. A balanced approach ensures you can enjoy the festivities without compromising your well-being.

I pray you have a season filled with love, laughter, and delicious, consciously chosen treats.

PS > On Friday, I'm teaching my final free webinar of the year on how I've used the FIERCE methodology to transform my life and how you can, too. Click [here](#) to register.

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 holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us." - Terri Marshall.**

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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