



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.

Can you think of someone who may benefit from these positive weekly words of encouragement? Please forward this email along.

Happy New Year, FIERCE Mama!

I hope you had a lovely holiday season with loved ones and got to put your feet up, too.

I am intentionally easing into the new year. I find it easy to feel overwhelmed and stressed about “crushing the year,” but spending the first few weeks of the year in quiet reflection and waiting is powerful and provides me with the strategies and tools I need for the year.

This year, the word for me is “grace.”

The dictionary defines grace as “simple elegance or refinement of movement.”

According to Wikipedia, Divine grace is the divine influence that operates in humans to regenerate and sanctify, inspire virtuous impulses, impart strength to endure trial and resist temptation, and as an individual virtue or excellence of divine origin.

To me, it signifies navigating the challenging world we live in with elegance and strength, applying excellence in every area of my life.

Last year was a year of growth and stretching.

This year, there will be new hurdles to scale, new mountains to climb, new opportunities to lay hold of, new giants to slay, new heights to attain, new relationships to build, and new lessons to learn.

My prayer for you and me is that we navigate all this with grace. I pray that this year delivers more than every good thing that your heart desires.

Thank you for being a part of my community. I am beyond excited to see all that will unfold in 2024.

Stay FIERCE. I love you,

Ugochi

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

“May your days ahead be greater than the days gone by. Wishing you all God’s best in the new year.” – Tony Evans

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    



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](#)

